

Bare Bones

This workshop is an invitation to explore the value of coming back to our bodies and our senses over and over and of stabilising our attention and presence in our daily activities

It is a simple reminder of the possibility of being fully present if it is met in awareness.

We will use Open Floor-an embodied movement meditation practice. We will use anchors to keep us rooted in our bodies, open in our hearts and attentive in our minds as we explore simply being present.

Venue: STUDIO 2, the Ennis Yoga Studios, Friary Lane, Ennis, Co. Clare.

Date: September 19th

Time: 10.30 am to 5.30pm

Cost: €60

Special offer €50 if paid in full by September 11th

Booking: Call Shirley on 086 0765507

Payments can also be made by PayPal on the website www.5rhythms.ie

Cancellation policy: The deposit €30 is non-refundable and non-transferable in all cases, unless a workshop doesn't take place.