

PAUSE . . . a moment

A WEEKEND OF OPEN FLOOR MOVEMENT MEDITATION
AND
SELF COMPASSION PRACTICE
WITH
CAITRIONA NIC GHIOLLAPHADRAIG



5 & 6
DECEMBER

THE AVALON CENTRE
SLIGO

www.embodiedbrain.ie

PAUSE . . . a moment

You are invited to a mindful movement weekend workshop with
Caitríona Nic Ghiollaphádraig
to pause, reflect, still the body and quieten the mind.

It is an opportunity to find the steady ground under our feet,
to move with intuition and agility and to remember the stillness that resides
inside of us if we turn our attention towards it.

We will use Open Floor Embodied Movement Practice
to anchor us in the present and the wisdom of Self Compassion to find
the still point within as we spend time in mindful
movement and quiet sitting.

Contact: Rita 0876295453

Sat & Sun
1030-5
The Avalon Centre
(St Anne's Youth Centre)
Chapel Street
Sligo

€120
Special Offer: €100
if booked and paid
in full before
November 27th
Cheques payable to
'Deora De'
Or PayPal on website

The deposit €50 is non-refundable and non-transferable in all cases, unless a workshop doesn't take place.