



Bare Bones

Open Floor Fundamental Workshop

with Caitríona Nic Ghiollaphádraig



We forget how strong and supportive our bare bones are. They are the structure that supports all our movements.

This weekend is an opportunity using Open Floor Movement Meditation Practice to remember that our body is our first home and the ground of our being.

Moving with this awareness brings vitality and the sheer joy of a moving body which can open up space and time in our sometimes busy lives.

Venue: The Carlton Hall, Shelmartin Avenue, Marino, Dublin

Date: March 19th

Time: Saturday 10.30 am to 5.30 pm.

Cost: €70

Special offer: €55 if paid in full by March 11th

To Book: Send Payment to Caitríona Nic Ghiollaphádraig, Finisglen, Recess, Co. Galway. Please make all cheques payable Deora Dé or pay online by PayPal on www.embodiedbrain.ie

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