



The beginning of a new year is a good time to pause, look back at what was, see what is now and imagine our dreams for 2016.

We will use 5 Rhythms mindful movement to explore different ways to centre our attention, tap into our creativity and move with awareness-

To let go of the old from the year gone by,

To be in the present moment- appreciating what is valuable in our lives,

To creating dreams of intention for the year ahead

We will use collage making and writing to awaken our creative impulses. This workshop has limited availability, so to avoid disappointment please book early.

Date: January 9th & 10th 2016

Time: Saturday 10.30 am to 5.30 pm - Sunday 10.30 am to 4.30 pm

Venue: Margaret Aylward Centre for Faith and Dialogue, Holy Faith Sisters, Glasnevin, Dublin 11

Cost: €120 **Special Offer: €100 if paid in full before December 31st**

Booking: Contact Caitriona at caitriona@embodiedbrain.ie
0868753251

Payment can also be made via pay pal 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.