

# New Beginnings

Open Floor Movement  
Meditation Workshop

with

Caitriona Nic Ghiollaphadraig

## Sligo

23 & 24 January

The beginning of a new year offers us the opportunity to look back with gratitude for the lessons of the previous year and to use our imagination to create fresh new dreams and a fresh new life.



[www.embodiedbrain.ie](http://www.embodiedbrain.ie)

## Open floor New Beginnings

Sligo 23&24 January

We will use Open Floor 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 art and writing to awaken our creative impulses.

This workshop has limited availability, so to avoid disappointment please book early.

Saturday 10:30 - 5:30

€120 or special offer €100

The Model

Sunday 12:00 to 5:00

if paid in full before 31 Dec

The Mall

[caitriona@embodiedbrain.ie](mailto:caitriona@embodiedbrain.ie)

Sligo

0868753251

Payment can also be made via pay pal on [www.embodiedbrain.ie](http://www.embodiedbrain.ie)

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