



## Would you like to learn to be kinder to yourself?

A new series of 5 classes combining Mindfulness Self Compassion (MSC) and Open Floor Movement Practice (OFP)

With Caitríona Nic Ghiollaphádraig

**MSC** enables us to respond to difficult moments in our life with kindness, care and understanding.

The three key components of self-compassion are self-kindness, a sense of common humanity, and balanced, mindful awareness. Kindness opens our hearts to suffering, so we can give ourselves what we need.

Common humanity opens us to our essential interrelatedness, so that we know we aren't alone.

Mindfulness opens us to the present moment, so we can accept our experience with greater ease. Together they

comprise a state of warm-hearted, connected presence.

OFP allows us to fully embody all the qualities of MSC in a wholehearted way.

The 5 week course will include movement, meditation, short talks, experiential exercises and group discussion.

Venue: Holy Trinity School, Westport, Co. Mayo

Date: Monday: Jan 11, 18, 25 and Feb 1 & 8

Time: 7.30pm to 9.30pm

Cost: €100 for the 5 classes. This is a full series and not a drop in series.

Can be paid by PayPal or in two instalments directly to Caitriona

To book: Contact Caitriona at

[caitriona@embodiedbrain.ie](mailto:caitriona@embodiedbrain.ie) or on 086 875 3251

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