

# Into the New

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.

5 Rhythms Workshop  
With  
Caitriona Nic Ghiollaphadraig

9 & 10 January  
Dublin

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

## Into the New

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.

January 9th & 10th 2016

Saturday 10:30 to 5:30

Sunday 10.30 to 4:30

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

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

Payment can be made via PayPal

[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.