



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 Flow Yoga studio, 52a Hill Street, Cathedral Quarter, Belfast, BT1 2LB

Date: February 6th & 7th

Time: 1pm to 6.00pm Saturday and 12.30pm to 5.00 pm Sunday.

Cost: €120/£100 stg

Special offer: €100/£85 stg if paid in full by January 29th

To Book: Call Gail on +447730700693 or 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.