



Befriending Your Heart

5Rhythms® Heartbeat Workshop

JUNE 17, 18 & 19

Fear protects; anger defends; sadness releases; joy uplifts and compassion unites.

But many of us do not feel these feelings so clearly and cleanly.

We have lost our ability to have emotional fluidity and we have lost touch with the emotional intelligence we were born with.

Befriending Your Heart is an opportunity to explore and investigate the ways that emotions have taken shape in our bodies using the practice of the 5 Rhythms®. This workshop can help us develop a mindfulness practice to help improve our ability to handle different emotions well. We can begin to move from a place where our feelings create pain, paralysis and depression to one where we see our feelings as our allies on our journey to living a more creative and wholehearted life.

One must have experience of the 5 Rhythms® to participate in this workshop

Carlton Hall, Shelmartin Avenue, Marino, Dublin

Fri 6-9.30pm, Sat 10.30-6pm, Sun 10.30-5pm

Cost: €130 Special offer: €110 if paid in full by 10 June.

Payment can be made via PayPal at www.embodiedbrain.ie
or send cheque made payable to 'Deora De', Finisglen, Recess, Co. Galway
caitriona@embodiedbrain.ie

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