

FROM SHAME & LOATHING To COURAGE & ACCEPTANCE

Cork
8&9
October

5 Rhythms Movement Meditation
with
Caitriona Nic Ghiollaphadraig



"SHAME IS THE INTENSELY PAINFUL FEELING
OR EXPERIENCE OF BELIEVING THAT WE ARE FLAWED AND
THEREFORE UNWORTHY OF LOVE AND BELONGING."
BRENE BROWN

www.embodiedbrain.ie

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Shame is a profoundly debilitating emotion. It drives our fears of not being good enough, not belonging, not being loveable for who we are. In this workshop we will begin the process of examining our struggles with shame & learn valuable tools to support us to become our best most authentic selves.

We will explore shame & resilience with humour, vulnerability & honesty using 5 Rhythms Movement Practice, Neuroscience and Mindfulness Self Compassion.

The Granary,
Bessborough,
Cork

Contact The Social and Health
Education Project
(021) 4666180
www.socialandhealth.com

CORK
8&9 OCTOBER
Sat & Sun
10am to 5.00pm

This workshop is not a substitute for therapy so please have good support in place to participate in this challenging work.