

Mindfulness Self Compassion Retreat



*This half day retreat is an invitation to take a **Pause** from the business of everyday life ...to experience the spaciousness of mindful self compassion, and to bring quiet into our day.*

This is an opportunity to practice meditation and mindfulness

The retreat will be held in a context of silence and will include: Sitting meditation, Walking Meditation, Mindful Eating, and Mindful Movement.

Mindful Self Compassion is the moment-by-moment process of actively and openly observing one's physical, mental and emotional experiences with kindness. Mindfulness Self Compassion has scientific support as a means to reduce stress, improve attention, boost the immune system, reduce emotional reactivity, and promote a general sense of health and well-being.

Date: *Saturday 28th May 2016*

Time: *1pm -5pm*

Cost: *€20*

Venue: *Suantraí, Béal Chara Letterard, Cashel, Co. Galway*

For Info & Bookings : *Contact Caitríona Nic Ghiollaphádraig at*

caitrona@embodiedbrain.ie

