

# *Mindfulness Self Compassion Retreat*



*These half day retreats are 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.*

**Dates:** *Saturday October 1<sup>st</sup> November 19<sup>th</sup> & December 10<sup>th</sup>*

*(workshops can be booked individually)*

**Time:** *1pm -5pm*

**Cost:** *€20*

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

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

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