

Back to Basics

1 Day 5 Rhythms Workshop

With

Caitríona Nic Ghiollaphádraig

In

The Sanctuary, Stanhope Street, Dublin

On

July 24th

...start close in, don't take the second step or the third, start with the first thing close in ... David Whyte

We will use the 5 Rhythms Movement Practice to partake in the simple joy of moving, being, letting go and coming into the present moment.

We will use our feet to ground ourselves,

Our hips to centre ourselves,

Our heads to release stress & tension,

Our arms to make space and lightness

And the pause to bring stillness and quietness to our day.....

To Book: Contact The Sancturay

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