

PAUSE a moment.....

You are invited to a mindful movement weekend workshop with Caitríona Nic Ghiollaphádraig to pause, reflect, still the body and quieten the mind

It is an opportunity to find the steady ground under our feet, to move with intuition and agility and to remember the stillness that resides inside of us if we turn our attention towards it.

We will use Open Floor Embodied Movement Practice to anchor us in the present and the wisdom of Self Compassion to find the still point within as we spend time in mindful movement and quiet sitting.

Venue: To Be Decided

Date: 3rd & 4th December

Time: 10.30am to 5pm Sat and Sun.

Cost: €120

Special Offer: €100 if booked and paid in full before November 20th

Phone: Rita on 087 6295453

To Book: Send Payment to Caitríona Nic Ghiollaphádraig, Finisglen, Recess, Co. Galway. Please make all cheques payable Deora Dé or pay online by PayPal

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

Further information on www.embodiedbrain.ie