

*Befriending Your Heart*  
*A 5 Rhythms® Heartbeat Workshop*  
*with*  
*Caitríona Nic Ghiollaphádraig*

*“We can still be angry after all these years. We can still be timid, or jealous or full of feelings of unworthiness. The point is...not to try to throw ourselves away and become something better. It's about befriending who er are already.” Pema Chödrön*

*Fear protects; anger defends; sadness releases; joy uplifts and compassion unites. Yet many of us do not feel these feelings so clearly and cleanly. We have lost our ability to have emotional fluidity and we have lost touch with the emotional intelligence we were born with.*

*Befriending Your Heart is an opportunity to explore and investigate the ways that emotions have taken shape in our bodies using the practice of the 5 Rhythms®. This workshop can help us develop a mindfulness practice to help befriend our different emotions. We can begin to move from a place where our feelings create pain, paralysis and depression to one where we see our feelings as our allies on our journey to living a more creative and wholehearted life.*

*Experience of the 5 Rhythms® is essential to participate in this workshop.*

**Venue:** The Carlton Hall, Shelmartin Avenue, Marino, Dublin.  
**Date:** July 28<sup>th</sup> / 29<sup>th</sup> & 30<sup>th</sup>  
**Time:** Friday 6.00-9.30 pm, Sat 10.30 -6.00pm, Sun 10.30-5.00pm  
**Cost:** €130  
Special Offer €110 if paid in Full by June 10<sup>th</sup>

**To Book:** Send Payment to Caitríona Nic Ghiollaphádraig, Finisglen, Recess, Co. Galway. Please make all cheques payable Deora Dé or pay online by PayPal on [www.embodiedbrain.ie](http://www.embodiedbrain.ie)

**Cancellation policy:** The deposit €50 is non-refundable and non-transferable in all cases, unless a workshop has to be cancelled.