

Embodied Brain/Embodied Presence

Paris, February 18-19, 2017

Week-end proposed by Caitriona Nic Ghiollaphadraig
translated by Deborah Bacon Dilts

*"Now I become myself. It's taken
Time, many years and places;
I have been dissolved and shaken,
Worn other people's faces,"*

May Sarton

Our experience of life is not random.

We are continually selecting and organising our experience with or without conscious awareness. The opportunity being offer in *Embodied Presence* is to take the first steps to becoming aware of some of our habits or the faces of others we have worn in our lives. Though the Open Floor Movement Meditation Practice and basic brain information we will begin to make the changes needed to begin to wear “our own face” in a positive, vital and healthy life.

Caitriona Nic Ghiollaphadraig, the first accredited 5Rhythms teacher in Ireland, trained with Gabrielle Roth in 1997/98, and went on to complete advanced training to teach the Heartbeat maps, working with emotional energies, in 2007. Coming from a background of teaching in schools and institutions, Caitriona has a simple and masterful teaching style, only to be matched by her inimitable humor! In 2008, she became passionate about the growing field of neurosciences and has since brought her understanding of how human beings function on a neurological level and how change is possible to her movement work. In 2014 she extended her repertory of practices to include the Open Floor Movement Meditation practice. She creates a safe and heartfelt learning environment with both depth and lightness.

Deborah and Caitriona trained together to teach the 5Rhythms (Waves and Heartbeat) and have been friends for 20 years. Deborah participated in Caitriona’s Embodied Presence ongoing program in 2014/15. She found the work profoundly effective and is excited to give the French dancing community an opportunity to experience this work.

The weekend will be taught in English (with a strong Irish accent ☺) and translated by Deborah into French. Practical information will come in september 2016..

More information about Caitriona's work : <http://embodiedbrain.ie>