

Into the New

5Rhythms Movement Meditation
with
Caitriona Nic Ghiollaphadraig

Dublin
7&8 January

*The beginning of a new year is
a good time to pause, look back at what was,
see what is now and set our intentions,
hopes wishes and dreams for 2017*



www.embodiedbrain.ie



7 & 8 JAN

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DUBLIN

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look back at what was, see what is now and set our
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We will use the 5Rhythms movement Practice
To let go of the old from the year gone by,
To appreciate what is valuable in our lives in the present
To creating dreams of intention for the year ahead
To tap into our creativity and move with awareness
We will use collage making and writing
to awaken our creative impulses.

This workshop has limited availability,
so to avoid disappointment please book early.

Sat 12-6
Sun 11-5
with tea break

Special Offer: €100 if paid
in full before
January 1st
or €120 thereafter

The Carlton Hall,
Shelmartin Ave.,
Marino, Dublin 3

Booking: By Pay Pal on www.embodiedbrain.ie

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