

# Embodied Brain/ Embodied Presence 1st Steps

OPEN FLOOR WORKSHOP

WITH

CAITRIONA  
NIC GHIOLLAPHADRAIG

*"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

PARIS  
18 & 19  
FEB



WWW.EMBODIEDBRAIN.IE



## Embodied Brain/Embodied Presence

PARIS

Studio KimKan,  
46 rue des Rigoles,  
Paris 20e,  
Metro Jourdain

1st Steps

Open Floor Workshop

with

Caitriona Nic Ghiollaphadraig

Translated by Deborah Bacon Dilts

18 & 19 FEB

Sat 10.30-6

Sun 10.30-5

Cost: €180

Our experience of life is not random. We are continually selecting and organising our experience with or without conscious awareness. The opportunity offered in Embodied Brain/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.

On Saturday, in addition to exploring through movement, there will be a teaching on how our brain functions. We will learn how our habitual behaviours set in, and how it is possible to change them. Sunday we apply this learning to a habit we would like to change, using movement as our basic tool for exploration.

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 delightful Irish accent) and translated by Deborah into French.  
More information about Caitriona's work <http://embodiedbrain.ie>

If you have a French bank account, please send 2 checks: €60 deposit (not cashed before the workshop), and €120 to the order of Deborah Bacon Dilts. Send to: Lucie Bruley c/o Malet, 31 rue des Peupliers, 75013 Paris. Please include your name, email and a telephone number, as well as the name of the workshop you are enrolling for.

If you do not have a French bank account, please send your 60€ deposit by PayPal to [dbdilts@gmail.com](mailto:dbdilts@gmail.com) or by bank transfer to Deborah Bacon Dilts, FR76 1120 6000 1900 0202 5361 093, Crédit Agricole Nord Midi-Pyrénées. Please specify your name and the title of the workshop. The remainder is due by PayPal or bank transfer the week before the workshop (February 13-17) or in cash upon arrival.

Please feel free to contact us for any further information.  
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