

Witnessing

An art, a skill and a discipline

"Only in quiet waters do things mirror themselves undistorted. Only in a quiet mind is adequate perception of the world." Hans Margolius

For many of us being seen brings echoes of judgement, criticism, falling short.

To be seen as we are in our strength and vulnerability is rare.

Yet it is a skill that can be learned. Witnessing is an art, a skill and a discipline.

On this workshop we will explore how we can witness- both self and another. We will use movement and quiet sitting in order to develop the many aspects of this valuable skill.

Venue: The Flow Yoga studio, 52a Hill Street, Cathedral Quarter, Belfast, BT1 2LB

Date: May6/7th

Time: 1pm to 6.00pm Saturday and 12.30pm to 5.00 pm Sunday.

Cost: €120/£100 stg

Special offer: €100/£85 stg if paid in full by May 28th

To Book: Call Gail on +447730700693 or via 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.