

5RHYTHMS

WITH

CAITRIONA NIC GHIOLLAPHADRAIG

5RHYTHMS

Befriending  
your

HEART

"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 we are already."  
Pema Chödrön

DUBLIN  
20/21/22 OCT

embodied  
Caitriona Nic Ghiollaphadraig  
brain

DUBLIN

## Befriending your Heart

20-22 OCT

5Rhythms Heartbeat  
Workshop  
with

Caitriona Nic Ghiollaphadraig

Assisted by Irene Ward

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.

Carlwron Hall  
Shellmartin Av  
Marino  
Dublin

Cost €130  
Special Offer €110  
if paid in Full by June 10th

Friday 6.00-9.30 pm,  
Sat 10.30-6.00pm,  
Sun 10.30-5.00pm

[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.