

EMBODIED PRESENCE

FIRST STEPS 5 RHYTHMS 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*

CORK
27 & 28
MAY

embodied  brain
Caitriona Nic Ghiollaphadraig

CORK

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5Rhythms Workshop

with

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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.

Through the 5Rhythms 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 behaviors 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.

The Granary
Bessborough
Cork

To Book contact the Social and Health
Education Project

(021) 4666180

www.socialandhealth.com

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