

Kindness Through Mindful Movement

with
Caitriona Nic Ghiollapharaig

A combination of 5Rhythms
&
Mindful Self-Compassion

embodied brain

Westport

Classes begin 5th October

Kindness Through Mindful Movement

Kindness opens our hearts to suffering, so we can give ourselves what we need.
Mindfulness opens us to the present moment, so we can accept our experience
with greater ease.

Movement allows us to fully embody these qualities in a whole bodied way

These classes will be based on the 5 Rhythms Movement Meditation Practice
and Mindful Self-Compassion.

No previous experience required and all are very welcome to attend.

The Quay Centre
Westport

10.30am -12.30pm

Dates

Oct 5th & 19th,

Nov 2nd, 16th & 30th November,

December 14th.

Contact caitriona@embodiedbrain.ie

086 875 3251

Early bird price €100
If paid before 1 Oct
Or €120

www.embodiedbrain.ie