



DUBLIN

Befriending your Heart

20-22 OCT

SRhythms 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.

Carlton Hall
Shelmartin Av
Marino Dublin

Cost €130
Special Offer €110
IF paid in full by 13 Oct

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

www.embodiedbrain.ie

Cancellation policy: The deposit €50 is non-refundable and non-transferable in all cases, unless a workshop has to be cancelled.