



## **Bare Bones**

### **Open Floor Mindful Movement Practice**

Bare Bones classes are an opportunity to come and regularly practice mindfulness, focused attention, kindness and self-compassion through Open Floor mindful movement practice.

The classes will be a mixture of personal movement practice and occasional teaching.

**Dates:** February 1<sup>st</sup> & 15<sup>th</sup>, March 1<sup>st</sup>, 15<sup>th</sup> & 29<sup>th</sup>, April 12<sup>th</sup>, May 3<sup>rd</sup>, 17<sup>th</sup> & 31<sup>st</sup> 2018

**Time:** 10.30 to 12.30

**Venue:** The Quay Community Centre, Westport, Co. Mayo.

**Cost:** Drop in €20 per class or €120 for 9 classes if paid in full by Jan 19<sup>th</sup> 2018

**Booking:** By Pay Pal on [www.embodiedbrain.ie](http://www.embodiedbrain.ie) or cheque made payable to Deora Dé to Caitriona Nic Ghiollaphadraig, Finisglen, Recess, Connemara, Co. Galway. For further details email Caitriona at [caitriona@embodiedbrain.ie](mailto:caitriona@embodiedbrain.ie)