



EMBODIED PRESENCE

PARIS

FIRST STEPS
OPEN FLOOR WORKSHOP

20+21 JAN

WITH

CAITRIONA NIC GHIOLLAPHADRAIG

Our experience of life is not random. We are continuously selecting and organising our experience with or without consciousness. The opportunity offered in Embodied Presence - First Steps 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 Open Floor 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.

Caitriona Nic Ghiollaphadraig, the first accredited 5Rhythms teacher in Ireland, trained with Gabrielle Roth in 1997/98. Coming from a background of teaching in schools and institutions, Caitriona has a simple and masterful teaching style, only to be matched by her inimitable humor! In 2008, she became passionate about the growing field of neurosciences and has since brought her understanding of how human beings function on a neurological level and how change is possible to her movement work. To this combination, she also brings mindfulness self-compassion. In 2014 she extended her repertory of practices to include the Open Floor Movement Meditation practice. She creates a safe and heartfelt learning environment with both depth and lightness. Deborah and Caitriona trained together to teach the 5Rhythms (Waves and Heartbeat) and have been friends for 20 years. Deborah participated in Caitriona's Embodied Presence ongoing program in 2014/15. She found the work profoundly effective and is excited to give the French dancing community an opportunity to experience this work.

The weekend will be taught in English (with a delightful Irish accent) and translated by Deborah into French.

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embodied  brain
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