



# Rooted Rhythms

with

**Caitriona Nic Ghiollaphadraig**

To move freely we must be deeply rooted.

We dance for joy, for fun, for keeping fit in mind, heart and body;

We also dance to feel rooted and steady in life, to feel supported  
and connected with one another.

Maybe now is the perfect time for you to explore 5 Rhythms ® Movement Practice,  
a creative, movement meditation practice taught in a safe inviting atmosphere .

24&25 March

Sat & Sun

10.30-5

Carlton Hall,  
Shellmartin Av,  
Marino,  
Dublin

For all bookings contact  
[caitriona@embodiedbrain.ie](mailto:caitriona@embodiedbrain.ie)

Early bird offer  
€100 if paid  
before 16 March  
€120 thereafter

**embodied**  **brain**  
Caitriona Nic Ghiollaphadraig

Cancellation policy: The deposit €50 is non-refundable and non-transferable in all cases.