



## **Bare Bones**

### **An Invitation To Bare Bones Open Floor Movement Practice.**

This workshop is an invitation to explore the value of coming back to our bodies and of stabilising our attention and presence in our daily activities.

It is a simple reminder of the possibility of being fully present if it is met with awareness.

We will use the basic tools of Open Floor movement meditation practice-core movement principals and physical anchors to keep us rooted in our bodies, open in our hearts and attentive in our minds as we explore simply being present.

**Venue:** Sophia Housing, Tubbercurry, Co. Sligo

**Date:** February 24th & 25<sup>th</sup> 2018

**Time:** 10.30 am to 5.00pm

**Cost:** €120

**Special offer €100 if paid in full by February 16th 2018**

**Booking:** By Pay Pal on [www.embodiedbrain.ie](http://www.embodiedbrain.ie) or cheque made payable to Deora Dé to Caitriona Nic Ghiolláphadraig, Finisglen, Recess, Connemara, Co. Galway

**Contact:** Rita Mc Nulty 087 629 5453

**Cancellation policy:** The deposit €50 is non-refundable and non-transferable in all cases, unless a workshop doesn't take place