



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 1st & 15th, March 1st, 15th & 29th, April 26th,
May 3rd, 17th & 31st 2018

Time: 10.30am to 12.30pm

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 19th 2018

Booking: By Pay Pal on www.embodiedbrain.ie or cheque made payable to Deora Dé to Caitriona Nic Ghiollaphadraig, Finisglen, Recess, Connemara, Co. Galway. For further details email caitriona@embodiedbrain.ie

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