



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: 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

Booking: For further details email caitrona@embodiedbrain.ie