



Embodied Mindful Self Compassion

An Integration and
Collaboration of Mindful Self
Compassion and Open
Floor Movement Practice

Ashe House
North Co. Dublin
Sept 21st-23rd 2018
Nov 16th-18th 2018

Caitriona Nic Ghiollaphadraig
&
Anne Kirwan

Mindful Self-Compassion (MSC) is based on the groundbreaking research of Dr. Kristin Neff and the clinical expertise of Dr. Christopher Germer, MSC teaches core principles and practices that enable participants to respond to difficult moments in their lives with kindness, care and understanding.

Open Floor Movement Meditation Practice supports us to show up and learn to stay with our experience whether it's good or bad; to feel our power and to make things happen in our world. When we live an embodied life we are fluid, flexible, and free to experience all of the wild and subtle moments of our everyday lives.

Part 2: November 16th - 18th 2018

Venue: Ashe House, Corduff, Lusk, County Dublin

Times: Friday 6-9.30pm; Saturday: 9.30-6pm; Sunday: 9.30-5pm

Participation by Application Only

Following receipt of your application form Caitriona or Anne will discuss your application by phone or in person at a time that is convenient to you.

Limited Places available

Contact Caitriona Nic Ghiollaphadraig or Anne Kirwan

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