

PAUSE a moment

A weekend of Open Floor
Movement Meditation
&
Self Compassion Practice
with
Caitriona
Nic Ghiollaphadraig



I5&I6
Dec
SLIGO



www.embodiedbrain.ie



It is an opportunity to find the steady ground under our feet, to move with intuition and agility and to remember the stillness that resides inside of us if we turn our attention towards it.

We will use Open Floor Embodied Movement Practice to anchor us in the present and the wisdom of Self Compassion to find the still point within as we spend time in mindful movement and quiet sitting.

Venue: The Avalon Centre, (Sty. Anne's Youth Centre, Chapel St., Sligo)

Time: 10.30am to 5pm Sat & Sun.

Cost: €120

Special Offer: €100 if booked and paid in full before December 1st 2018

Phone: Rita 087 6295453

To Book: Send Payment to Caitriona Nic Ghiollaphádraig, Finisglen, Recess, Co. Galway. Please make all cheques payable Deora Dé or pay online by PayPal

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

Further information on www.embodiedbrain.ie Caitriona on 086 8753251