



## Bare Bones

Open Floor Mindful Movement Practice

Human beings are born to move.

With dance we thrive – physically, mentally, emotionally & spiritually.

Bare Bones One Day Workshop is an opportunity to come and practice mindfulness, focused attention, kindness and self-compassion through Open Floor mindful movement practice.

**Venue:** Maria Assumpta Hall, Station Road, Ennis Co. Clare

**Date:** Saturday 8<sup>th</sup> September 2018

**Time:** 10.30 am to 5.30pm

**Cost:** €70

**Special offer €60 if paid in full by September 1st 2018**

**Booking:** By Pay Pal on [www.embodiedbrain.ie](http://www.embodiedbrain.ie) or cheque made payable to Deora Dé to Caitriona Nic Ghiollaphadraig, Finisglen, Recess, Connemara, Co. Galway **For further information contact:** Bridget Ginnity 0862444512

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