

**Dates:**

2019:

September 27 - 29

November 22 - 24

2020:

January 17 - 19

March 20 - 22

May 15 - 17

July 10 - 12

September 11 - 13

2021:

April 16 - 18

**Times:**

Friday 6pm - 9.30pm

Saturday 9.30am - 6pm

Sunday 9.30am - 5pm

**Venue:**

Barbara Ward Clonliffe &amp; Croke Park

Community Centre, 9 A Richmond Industrial Estate,

Distillery Road, Off Clonliffe Road

Dublin 3

**Cost:**

€1240.00 Non refundable deposit to secure a place

is €200.00. €130.00 payable at each module.

**Prerequisites:**

Participation by application only;

Experience of a Mindful Movement Practice essential.

Numbers limited so early booking advisable.

**Contact Details:**

Caitriona 003 53 86 875 3251

Email: [caitriona@embodiedbrain.ie](mailto:caitriona@embodiedbrain.ie)

*"Just thinking of you this evening and how you have touched my life for the better. Thanks to you I have had the opportunity to learn about self compassion and discover the work of Rick Hanson and Barbara Fredrickson. It has given me a sense of hope and a reason to get out of bed in the mornings and slowly but surely to the beginning of acceptance of who I am. Thanks" - Con*

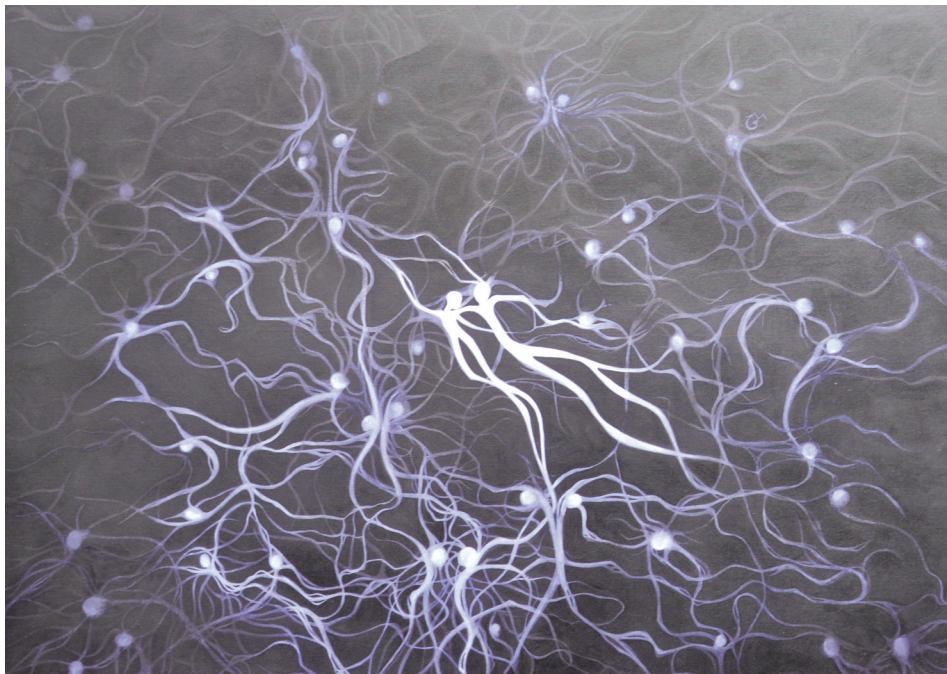
*"Your warmth and candor, humility and humor carried a clear tone through the morning and afternoon which I hope to one day emulate. You are indeed a student and a master, a teacher and a lovely human being. In gratitude," J.M*

*"As long as we're rejecting ourselves and causing harm to our bodies and minds, there's no point in talking about loving and accepting others" - Thich Nhat Hanh*



**embodied presence/  
embodied brain 6**  
an ongoing group focus in  
compassion positivity & resilience  
with Caitríona Nic Ghiollaphádraig





A yearlong self-focussed study in Compassion, Positivity and Resilience  
using Open Floor Movement Practice, Interpersonal Neurobiology  
and Mindful Self-Compassion

**With Caitríona Nic Ghiollaphádraig**

*Assistants: Carolyn Sinnott and Gail Ramsay-Radcliffe*

*Embodied Presence/Embodied Brain* brings together elements of Open Floor Movement Practice, Mindful Self-Compassion and Interpersonal Neurobiology. Through the integration of these very distinct practices, course participants will undertake a focused study of Compassion, Positivity and Resilience leading them to an ‘**Embodied Presence/Embodied Brain**’.

The course will be taught using a combination of lectures, movement, sitting meditations and will involve homework and practice between modules.

**“two processes** determine the quality of our experience; the actual events that happen to and around us, and the habits that convert these events into information, meaning and feeling.” **Ron Kurtz**

Action tendencies are how we organise our experience of life to help us make sense of the world around us and to navigate our way through it. These action tendencies are made up of beliefs, physical patterns of movement and emotional responses which create habits that are familiar and constant in our lives.

Some of these habitual beliefs are not “accurate” but we sense them as real and true because we tend to interpret events through the lens of these beliefs. These habits have great power over the quality of our daily lives as they tend to operate from outside our conscious awareness. Some of these habits cause us pain and stress yet, these habits are also available to be uncovered and changed.

The intention on this *Embodied Presence/Embodied Brain* course of study is:

- To encourage an awareness of your organisation of experience on the physical, mental and emotional and spiritual levels;
- To understand and befriend your experiences with unconditional warmth, openness, and kindness;
- To update the old unhelpful habits into new more healthy, positive and compassionate ways of living your life;
- To learn to lean into your vulnerability and chose gentle acceptance of yourself and others over harsh judgment.

**Module 1: *Resourcing:***

Building resilience, courage, wisdom and safety

**Module 2: *Uncovering the habit:***

Grounding; Expanding and contracting; brain basics

**Module 3: *Deeper exploration:***

Attention and intention; kindness; memory

**Module 4: *Release:***

Releasing rigidity in mind and body; coping with change; integration of opposites; attachment

**Module 5: *Choosing a fresh alternative:***

Expanding and opening; broaden and build into positivity and creativity

**Module 6: *A new way of life:***

Pausing; response flexibility; developing the ability to stop and pause before responding to a situation and bring self-compassion to the centre of our lives

**Module 7: *Completion and Celebration:***

Bringing the learnings from each module together and celebrating our achievements

**Module 8: *Check in and check out:***

Dissolving the group