


**EMBODIED PRESENCE FIRST STEPS**  
 OPEN FLOOR WORKSHOP  
 WITH CAITRIONA NIC GHIOLLAPHADRAIG

Inner peace comes from seeing that you cannot be defined by stories, views or negative thoughts about yourself. The more you release the burden of painful self-judgements that are no longer relevant the more accessible inner peace will be.  
 Mark Coleman

**DUBLIN**  
**10+11 NOV**

embodied  brain

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Our experience of life is not random. We are continuously selecting and organising our experience with or without conscious awareness. The opportunity offered in Embodied Presence – First Steps is to take the first step to become aware of some of the habits or the faces of others we have worn in our lives.

Through Open Floor Movement Meditation Practice and basic brain information we will begin to make the changes needed to begin to wear "our own face" in a positive and healthy life.

**DUBLIN**  
**10+11 NOV**

**EARLY BIRD**  
**€100 IF PAID BY**  
**9 NOV**  
 €120 thereafter

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