

# The WISDOM of REST

A 5Rhythms Workshop

with

Caitríona Nic Ghiollaphádraig

**CORK**  
**2&3 March**

"Stepping out of the busyness, stopping our endless pursuit of getting somewhere else, is perhaps the most beautiful offering we can make to our spirit."

Tara Brach

Part of the  
Embodied Presence  
Series

embodied  brain  
Caitríona Nic Ghiollaphádraig

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If resting was as important to us as activity we would all be more at peace with ourselves. We would prioritise being good to ourselves. Shifting life long patterns of going, going, going can be a one step forward two steps back dance, yet giving ourselves time to slow down, to deeply rest and embody stillness can improve our health and wellbeing.

In this workshop we will move towards rest over and over as we use the wisdom of the 5Rhythms to guide us towards developing the art of conscious relaxation.

**CORK**

The Granary  
Bessborough  
Cork

For more info contact  
The Social and Health Education  
Project

(021)4666180

[www.socialandhealth.com](http://www.socialandhealth.com)

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