



Joy Enjoy In-joy

Many of us think that being happy or joyful is something that will happen to us....as if we had no control over having it in our lives. Well the good news is we can train ourselves to be joyful step by step. We will use the 5 Rhythms Movement Practice, Mindfulness Meditation and up-to-date Neuroscience as the basis of our exploration as we take the first steps on the journey to developing a friendly compassionate relationship with our **joy**.

Booking Information:

Date: Saturday May 18th 2019 Time: 10.30am to 5.30pm

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

Cost: €70

Early Bird: €60 if paid in full by May 10th 2019

Booking: Paypal www.embodiedbrain.ie

Email: caitrona@embodiedbrain.ie

Contact Person: Bridget Ginnity 086 244 4512

Deposits of €30 is non-transferable and non-refundable