



## **5 RHYTHMS MOVEMENT MEDITATION OPEN SESSIONS**

with

**Caitríona Nic Ghiollaphádraig**

### **An Invitation to:**

Sample for the first time or return to the practice of the 5 Rhythms Movement Meditation of Gabrielle Roth.

You will have the opportunity to deepen your sense of rooting, presence, embodiment, movement and breath.

These sessions will be a place of movement, music and dance. You will have the opportunity in each session to tune in with your natural essential sense of self as it turns up on the day. This can be at times deeply moving, catalytic, transforming and very ordinary.

The sessions will begin with a time for stretching and preparing yourself for the 5 Rhythms Wave. There will be some basic teaching at each session.

If it's your first time, I warmly welcome you. I encourage you to thoroughly enjoy yourself and to totally engage with what is on offer.

Find out whether this is for you.

**Dates:** September 12<sup>th</sup> & 26<sup>th</sup>; October 24<sup>th</sup>; November 7<sup>th</sup> & 21<sup>st</sup>; December 5<sup>th</sup> & 19<sup>th</sup>

**Time:** 10.30am to 12.30pm

**Venue:** The Quay Community Centre, Westport, Co. Mayo.

**Cost:** €20 per class or €120 if paid in full by September 6<sup>th</sup>.

**To book:** By Pay Pal on [www.embodiedbrain.ie](http://www.embodiedbrain.ie) or cheque made payable to Deora Dé to Caitríona Nic Ghiollaphádraig, Finisglen, Recess, Connemara, Co. Galway. For further details email [caitrona@embodiedbrain.ie](mailto:caitrona@embodiedbrain.ie)

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