



Vital Rhythms- the sheer delight of movement

5 Rhythms Movement Meditation Weekend Workshop

With Caitríona Nic Ghiollaphádraig

Remember a time when you were full of energy, curiosity and creativity, when your body felt flexible and strong, and your mind was clear.....

Your level of vitality is directly connected to your ever-changing brain. When your brain thrives, growing and making new neural connections, you feel invigorated, and infused with a new sense of aliveness; with possibilities of new ways of moving, thinking and feeling.....

Combining cutting edge neuroscience with the 5 Rhythms movement practice you can experience renewed vitality, less stress and greater health in mind and body no matter what your age or physical condition, or gender.

Date: June 29th & 30th 2019 10.30 am to 5.00pm

Venue: The Avalon Centre, (Sty. Anne's Youth Centre, Chapel St., Sligo)

Cost: €120 Early Bird: €100 if booked and paid in full before June 21st

To Book: Pay online by PayPal or make all cheques payable Deora Dé

Contact Rita 087 6295453

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

www.embodiedbrain.ie