

Harvest Dance

“Gratitude unlocks the fullness of life. It turns what we have into enough and more.... It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.” — [Melody Beattie](#)

With Caitríona Nic Ghiollaphádraig

Harvest time, an opportunity to reflect on the “fruits of your labour” whatever that means to you throughout the past year; to celebrate, rejoice and share with others the abundance that is in your life today.

We will use the 5 Rhythms[®]: A movement meditation practice that is simple, profound, joyful and transforming.

This workshop is open to everyone interested in expressing an embodied sense of gratitude for the many joys that actually enter our lives each day.

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

Date: Saturday September 14th

Time: 10.30 to 5.30pm

Cost €75

Early Bird: €65 if fully paid by Sept 7th

To Book: Paypal www.embodiedbrain.ie

Contact: Bridget Ginnity 086 244 4512

Cancellation policy: Deposits of €40 is non-transferable and non-refundable