

Into the New

5Rhythms Movement Meditation
with
Caitriona Nic Ghiollaphadraig

Dublin
4&5 Jan

*The beginning of a new year is
a good time to pause, look back at what was,
see what is now and set our intentions,
hopes, wishes and dreams for 2020*



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DUBLIN

Into the New

4 & 5 JAN

5Rhythms Workshop
with
Caitriona Nic Ghiollaphádraig

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what was, see what is now and set our intentions, hopes, wishes
and dreams for 2020*

We will use the 5Rhythms Movement Practice to let go of the old
from the year gone by...

To appreciate what is valuable in our lives in the present.

To creating dreams of intention for the year ahead.

To tap into our creativity and move with awareness we will use
collage making and writing to awaken our creative impulses.

Sat 12-6pm
Sun 11-5pm
with tea break

Special offer: €100
If paid in full before
27 Dec
€120 thereafter

Booking via PayPal @ www.embodiedbrain.ie

Barbara Ward
Clonliffe & Croke Park Comm Cent
9A Richmond Ind Est
Distillery Road

Dublin 3

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Caitriona Nic Ghiollaphadraig brain

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