



1 Day Movement Meditation Workshop

With

Caitriona Nic Ghiolláphadraig

In

The Sanctuary, Stanhope Street, Dublin

On

Sunday 14<sup>th</sup> February 2021

Would you like to learn to be kinder to yourself?

A day combining Mindfulness Self Compassion (MSC) and 5 Rhythms Movement Practice

**MSC** enables us to respond to difficult moments in our life with kindness, care and understanding.

**5 Rhythms** allows us to fully embody all of these qualities in a wholehearted way.

To Book: Contact The Sanctuary

Phone : (01) 670 5419

Email: [enquiries@sanctuary.ie](mailto:enquiries@sanctuary.ie)