



The Sanctuary's Zoom Room

Thursday April 22nd 2021

Theme: Releasing Tension

Join Caitriona Ni Ghiollóphádraig for a celebration of movement and dance on her 2hr Zoom Workshop as she combines cutting-edge neuroscience with the 5 rhythms movement practice of Gabrielle Roth. You can experience renewed vitality, less stress and greater health in mind and body no matter what your age or physical condition, or gender, so come along and be prepared to get active and have some fun.

Who this is for: anyone who is interested in learning how to tune into their body, heart and mind as a source of wellbeing.

Unfortunately, we have not been able to offer any of my usual 5 Rhythms day long workshops with the arrival of Covid-19, therefore this is an opportunity to experience in this challenging time the grounding and centering skills of this mindful movement practice.

Time 10.30 – 12.45

Cost €15

To Book: Contact The Sanctuary

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Email: enquiries@sanctuary.ie