

# Summer School 2021



*“We hold on to pessimism because it’s safe. But to hold on to hope and love and joy -that takes courage.” Brené Brown*

I am delighted to offer another virtual Summer School on this the 23<sup>rd</sup> year of its life 😊. Little did any of us know we would still be finding it impossible to safely dance together in live venues. Yet that did not deter a committed group of dancers coming together last summer and having a great time dancing and creating stunning works of art in our zoom Summer School. Thus, we are emboldened to go for it again this year.

Each day we will dance the 5 Rhythms, a mindful creative movement practice. It will support us to investigate our hope, joy, and love and to notice the parts that hold us back from these positive emotions.

We will be guided to explore our visual creativity through the medium of art and collage making with Sadhbh O’ Neill.

We will be guided to delight in the archaeology of this very old country and how it has shaped us, with Mary Quinlan.

And most importantly we will form a supportive and creative group to guide us through this week.

Dates: July 12th to 16th 2021 Cost: €250 -this includes Sadhbh sending colour dyes, paper etc in the post so please forward me your postal address. Booking: You can make your payment through Paypal at [www.embodiedbrain.ie](http://www.embodiedbrain.ie) Numbers limited to 12.