



I will continue to offer

## 5 Rhythms Zoom classes

The sessions will begin with a time for stretching and preparing yourself for the 5 Rhythms Wave. There will be some basic teaching at each session. You will have the opportunity to deepen your sense of rooting, presence, embodiment, and breath. You will have the opportunity in each session to tune in with your natural essential sense of self as it turns up on the day. This can be at times deeply moving, catalytic, transforming and very ordinary.

**Dates:** September 14/21/28; October 5/12/19/26;

November 2/9/16/23/30; & December 7/14; 2021

**Time:** 10.00-11.30am Zoom room will open at 10am for stretching and we will start each class at 10.25am

**Cost:** €10 per class or €120 (14 classes for price of 12) if paid in full at start. Classes can be taken as a drop in or as a series.

**To book:** By Pay Pal on [www.embodiedbrain.ie](http://www.embodiedbrain.ie) -please state friend payment.

If you are interested contact Caitriona at [roisin@embodiedbrain.ie](mailto:roisin@embodiedbrain.ie) to be included on the zoom invite.