

Spring Clean Your Well-Being



with the OFI Movement Meditation Cycle

The best meditation is the one you'll do. Dr. Richard Davidson

This 8- week course is an opportunity to explore 3 different ways to meditate- sit, walk, move. These varieties offer us a meditation to suit any occasion.

Inside all of us is an inherent goodness. For some this is the Self, Buddha nature, Soul, Essence, that is available always. Unfortunately for many of us this nature is covered over in habitual patterns that keep us from experiencing this essence easily.

Each week we will explore a different aspect of this goodness in order to strengthen our connection to this key component of our health and well-being.

This will be a closed group. Therefore, we can develop the depth and safety required for such an exploration.

Facilitator: Caitríona Nic Ghiollaphádraig

Dates: **October** 21/28; **November** 4/11/18/25; **December** 2/9/16 2021.

Venue: Zoom **Time:** 7-8.15pm Irishtime

Cost: €70 if paid in full by October 20th or €10 per class (9 classes for the cost of 7).

To Book: By Paypal on www.embodiedbrain.ie

Contact: roisin@embodiedbrain.ie to included you in the zoom invite.