

# GROUND, CENTRE, RELEASE

*You know it's true,  
with every ending,  
there is a beginning.  
and with every lie,  
there is truth to be found.  
light always wins,  
against darkness.  
and I hope you remember,  
these three things,  
seek the truth,  
burn bright,  
and never stop beginning.*

*J.M. Storm – from In my head*



**Ground, Centre, Release** is an opportunity to start back again, dancing in person. It has been such a long time since I had the pleasure of teaching in a room not called zoom! I hope this workshop will allow us to re-discover the joy of being with people and moving as part of a group.

We will start by taking care of ourselves as we find our new ground and our familiar centre; we will acknowledging the difficulties and challenges that we have faced and continue to face as we allow ourselves to experience the releasing of long held tension and protection.

We will use self-compassion to support us to stand firmly in the midst of uncertainty, hold ourselves kindly but firmly, and explore new ways of moving towards a new future.

**Venue:** The Avalon Centre, (St. Anne's Youth Centre, Chapel St., Sligo

**Date:** Saturday 9<sup>th</sup> October 10.30 - 5.30pm & Sun 10<sup>th</sup> 10.30 - 4.30pm.

**Cost:** €100 on or before October 8<sup>th</sup>, 2021.

**Telephone:** Rita 087 6295453

**Booking and contact details:** By Pay Pal on [www.embodiedbrain.ie](http://www.embodiedbrain.ie) or email [roisin@embodiedbrain.ie](mailto:roisin@embodiedbrain.ie)

**Cancellation policy:** The deposit €50 is non-refundable and non-transferable in all cases unless a workshop doesn't take place.