

Pause & Befriend Your Nervous System



A weekend of Open Floor Movement Meditation & Self-Compassion Practice with Caitríona Nic Ghiollaphádraig.

Everyday living is a complex experience of autonomic navigation. The autonomic nervous system responds moment to moment to what are often competing needs to survive or to be social. In a state of protection, survival is the only goal. The system is closed to connection and change. In state of connection, health, growth, and resilience are possible.

We come into the world hardwired for connection. With our first breath we embark on a lifelong quest to feel safe in our bodies, in our environments and in our relationships with others.

In this workshop we will use the resource of **Pause** as an opportunity to find the steady ground under our feet, to move with intuition and agility and to remember the stillness that resides inside of us that can bring our nervous system into a state of resilience over and over again.

Artwork and neuroscience information will be part of this workshop.

Date: November 27th & 28th 2021

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

Time: 10am to 1pm & 2.30 to 5.30pm Sat and 4.30pm Sun

Cost: €100

Payment through Paypal on the website: www.embodiedbrain.ie

Contact Rita 087 629 5453

Cancellation Policy: Full refund if cancelled before November 19th 2021 otherwise a cost of €50 will be incurred, non-attendance no refund. In the event that the workshop is cancelled a full refund will be issued.