

## Embodied Presence/ Embodied Brain

a focussed study in the healing power of

### Compassion, Positivity & Resilience

With

Caitríona Nic Ghiollaphádraig, Carolyn Sinnott & Gail Ramsay Ratcliffe

A yearlong self-focussed study in Compassion, Positivity and Resilience using Open Floor Movement Practice, Mindfulness Meditation, Self-Compassion, and Interpersonal Neurobiology

*"Two processes determine the quality of our experience; the actual events that happen to and around us, and the habits that convert these events into information, meaning and feeling." Ron Kurtz*

Action tendencies are how we organise our experience of life to help us make sense of the world around us and to navigate our way through it. These action tendencies are made up of *beliefs, physical patterns of movement* and *emotional responses* which create **a belief system** and the habits that stem from it, that are familiar and constant in our lives.

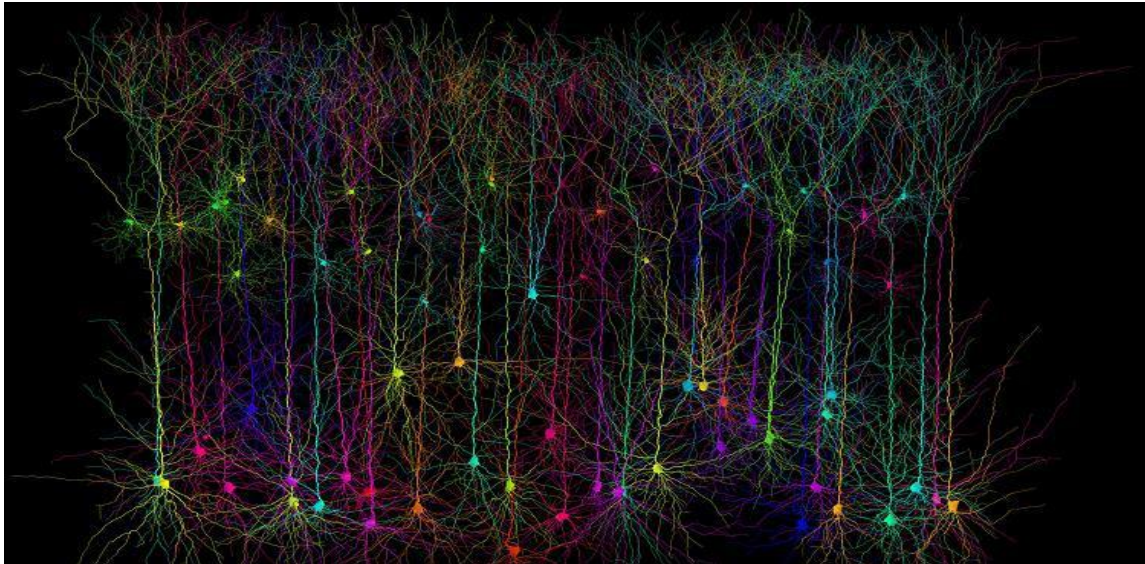
Some of these habitual belief systems are not "accurate". Yet we sense them as real and true because we tend to interpret events through the *lens of these beliefs*. These habits have great power over the quality of our daily lives as they tend to operate from outside our conscious awareness. Some of these belief systems cause us pain and stress yet these belief systems are always available to be uncovered, explored, transformed, and healed.

## The intention of this *Embodied Presence/Embodied Brain* study course is:

- \*To bring awareness to the organisation of our experience on the physical, mental, and emotional and spiritual levels.
- \*To understand our experiences and how they developed.
- \*To transform the old unhelpful habits and belief systems into new more healthy, positive, and compassionate ways of living our lives.

***Embodied Presence/Embodied Brain*** brings together elements of Open Floor Movement Practice, Mindfulness Meditation, Self-Compassion Practice, and many elements in the area of Neuroscience. Through the integration of these very distinct practices course participants will undertake a focused study of how Compassion, Positivity and Resilience can lead to healing old entrenched belief systems and guide them towards an '**Embodied Presence/ An Embodied Brain**'.

The course will be taught using a combination of lectures, movement, sitting meditations and will involve homework and practice between modules.



### **Module 1: *Resourcing:***

Building safety, resilience, courage, and compassion.

### **Module 2: *Uncovering the habit***

Grounding; Expanding and contacting; brain basics.

### **Module 3: *Deeper exploration***

Attention and intention; kindness; memory.

### **Module 4: *Release***

Releasing rigidity in mind and body; coping with change; integration of opposites.

### **Module 5: *Choosing a fresh alternative.***

Expand and open; broaden and build into positivity and creativity.

### **Module 6: *A new way of life***

Pausing; response flexibility; developing the ability to stop and pause before responding to a situation. Developing and strengthening our sources of Wisdom.

### **Module 7: *Completion and Celebration:***

Bringing the learnings from each module together and celebrating our achievements.

### **Module 8: *Check in; check out.***

Dissolving the group.

## ***Embodied Presence/Embodied Brain 8***

### **Dates:**

#### **2022**

March 4,5,6

May 6,7,8

July 1,2,3

September 9,10,11

November 11,12,13

#### **2023**

February 3,4,5

April 14,15,16

Oct.6,7,8

**Time:** Fri 6pm to 9pm; Sat 9.30am to 6pm; Sun 9.30am to 5pm

**Venue:** Barbara Ward Clonliffe and Croke Park Community Centre,

9A Richmond Industrial Estate, Distillery Rd., off Clonliffe Rd., Dublin 3.

**Cost:** €1,320 Deposit to secure a place is €200. €140 payment at each module.

**Participation by application only.**

**Experience of a Mindful Movement Practice essential.**

**Numbers limited so earlier booking advisable at [www.embodiedbrain.ie](http://www.embodiedbrain.ie)**

*"Embodied Presence 6 began in September 2019 and gave us the opportunity to dance and learn together in person but then all changed as we moved into Pandemic times. Since those first uncertain months Caitriona has managed with inspiring calmness and grace to continue this group and to bring us together in a way which upended the limitations of zoom and fostered connections. Caitriona showed us what true commitment means as she found ways to share her time, skills, and resources and most importantly herself. Not only did Caitriona achieve this embedding of the group connections but alongside this her honesty and openness meant that we had the opportunity to learn directly from her what it means to move and develop in the midst of uncertainty. As the focus of the group is on change, and its processes this was so very apt. Alongside all this Caitriona has the rare skill of creative collaboration and in addition to Caitriona we also had the added blessings of Carolyn and Gail who brought their respective strengths to this marvellous mix of mindful movement, meditation, neuroscience, reflection, learning and the richness of shared experiences. I feel very grateful to have had the opportunity to be a participant in this wonderful group, an experience which has steadied me in these challenging times and which I am sure has helped to ensure I am better resourced for the future and what it might bring." A deB*

*"The course you are designing for us has opened up space for me; In understanding how the mind wires itself I can take more control and be kinder to myself by gaining insight into how the brain becomes. By conscious compassionate movement and mindfulness, I can chose to change old redundant patterns; this is a real possibility, not just an idea. The dance adds width and joy and love to this learning and is like adding fertiliser to new tilled land. Thank you for taking this brave step out into your joy." S.F*

*"Your warmth and candour, humility and humour carried a clear tone throughout. You are indeed a student and a master, a teacher, and a lovely human being. In gratitude," J.M*