

THE ART of ATTENTION



The most precious gift we can offer anyone is our attention. Thich Nacht Hanh

Attention allows us to plan, preview, monitor and regulate our thoughts, emotions, and actions. It is the first step in the learning process. We cannot understand, learn, or remember that which we do not first attend to, especially if we want to truly learn from our experiences.

For many of us unfocussed attention has been one of the consequences of the past two years under the shadow of Covid.

This Openfloor mindful movement workshop is an opportunity to reclaim, strengthen and grow our capacity to explore the various kinds of attention that contribute to our health and wellbeing.

Venue: Barbara Ward Clonliffe & Croke Park Community Centre,
9 A Richmond Industrial Estate, Distillery Rd, Off Clonliffe Rd, Dublin 3

Date: May 28th & 29th 2022

Time: Sat 10.00 to 5pm; Sun 10am to 4pm

Cost: €120

Booking: pay through PayPal on www.embodiedbrain.ie

See cancellation policy on Bookings page www.embodiedbrain.ie