



5 Rhythms: 26th year of The Summer School

With

Caitríona Nic Ghiollaphádraig

This is the 26th year offering the 5 Rhythms Summer School in the Boghill Centre, off the West coast of Ireland. The Centre is situated in the heart of the unique landscape called the Burren. The Burren is an area of limestone rock covering hills and valleys with meandering streams, extraordinary flora and wildlife, megalithic tombs, and monuments older than the pyramids all situated on the Atlantic Coast.

In this setting we will use 5 Rhythms, a mindful movement practice to support us in the investigation of our creative, fun-loving essential nature. We will be guided by Sadhbh O' Neill to enhance our creativity through the medium of art and collage making. We will explore and learn about the unique landscape that is the Burren to complement our creativity.

And there will be ample time for sea swimming, relaxing, and tasting the local Irish traditional music and dance scene.

The summer school is open to all whether you are coming for the first time or if you have been here before.

Practical Details

Dates: Start: July 17th 2023 at 1pm with lunch; **Finish on 21st** at 4pm

Pricing & details to follow.

A non-refundable, non-transferable deposit of €250 will secure a place.

Payment through PayPal on www.embodiedbrain.ie

Please visit www.embodiedbrain.ie to read the cancellation policy regarding Boghill 2023.

Accommodation: 4 single room; 4 double rooms; dorm sleeping 2 persons.

Booking: The number of participants is limited to 18, so early booking advised.

If posting send the booking form with deposit to Caitríona Nic Ghiollaphádraig, Aughrismore, Cleggan, H71RX03 Co. Galway.

Online: use PayPal via website and email booking form to roisin@embodiedbrain.ie

Phone: 0868753251

Food: Vegetarian; please indicate on the application form if you have dietary requirements.

Clothes: Informal, loose layers. Outdoor shoes for walking the Burren

Arrival: We will start gathering for lunch at 1pm. Please arrive beforehand to book in and sort your accommodation.

Booking Form:

Name:

Address:

Email:

Mob:

Contact person in case of emergency:

Dietary Requirements:

Date of Deposit Paid:

Signed: