



The Joy of Rest Sligo
An Open Floor Mindful Movement Workshop
with Caitríona Nic Ghiollaphádraig

If resting was as important to us as activity, we would all be more at peace with ourselves. We would prioritise being good to ourselves. Shifting lifelong patterns of going, going, going can be a one step forward two steps backwards dance, yet giving ourselves time to slow down, to deeply rest we can embody the joy of resting and improve our health and wellbeing.

In this workshop we will move towards rest over and over as we use the wisdom of Open Floor to guide us towards developing the art of conscious resting and relaxing.

Venue: Sligo Northside Community Partnership, Forthill, Sligo

Date: Saturday October 1st & Sunday 2nd 2022

Time: Sat 10.30am to 5pm; Sun 10.30am to 4pm

Cost: €120

Booking: pay through PayPal on www.embodiedbrain.ie

See cancellation policy on Bookings page www.embodiedbrain.ie