

Into The New

5Rhythms Movement Meditation
with
Caitríona Nic Ghiollaphádraig

- January 7th & 8th 2023 -

Taragh Kane Photography

www.embodiedbrain.ie

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5Rhythms Workshop
with

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The Beginning of a new year is a good time to pause, look back at what was, see what is now and set out intentions, hopes, wishes and dreams for 2023.

We will use the 5Rhythms movement practice to let go of the old year from the year gone by...

To appreciate what is valuable in our lives in the present.

To creating dreams of intention for the year ahead.

To tap into our creativity and move with awareness we will use collage making and writing to awaken our creative impulses.

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

Saturday January 7th: 12 - 6 pm

Sunday January 8th: 11 - 5 pm

Workshop Cost: €120 per person- Booking
via PayPal @ www.embodiedbrain.ie

Cancellation policy: Full refund if cancelled before
December 30th 2022, otherwise cost of €50 will be
incurred. Non-attendance - no refund. In the event that
the workshop is cancelled, a full refund will be issued.