



**Pause . . . .**

**Breathe . . . .**

**Relax . . . .**

*“Each person deserves a day away in which no problems are confronted, no solutions searched for. Each of us needs to withdraw from the cares which will not withdraw from us.”* Maya Angelou

You are invited to a mindful movement workshop to pause, breathe and relax the body and quieten the mind.

It is an opportunity to find the steady ground under our feet, to move with intuition and agility and to remember the skill to Pause that resides inside of us if we turn our attention towards it.

We will use Open Floor Embodied Movement Practice to anchor us in the present and the wisdom of Self Compassion to find the still point within as we spend time in mindful movement and quiet relaxing.

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

**Date:** Saturday December 10th & Sunday 11<sup>th</sup> 2022

**Time:** Sat 11am to 5pm; Sun 11am to 5pm

**Cost:** €100

**Booking:** pay through PayPal on [www.embodiedbrain.ie](http://www.embodiedbrain.ie)

See cancellation policy on Bookings page [www.embodiedbrain.ie](http://www.embodiedbrain.ie)

An option to attend on the Saturday only is available if full weekend proving difficult to attend, cost €65 for Saturday only.