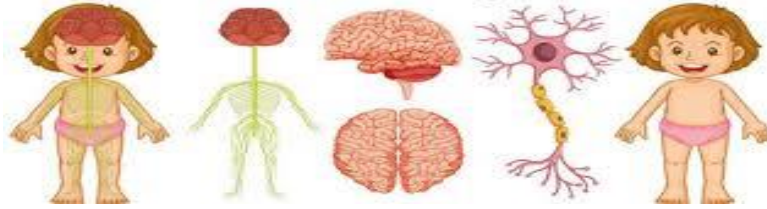


# Nervous System



## Befriending our Nervous System an Open Floor Movement Workshop with Caitríona Nic Ghiollaphádraig

*The greatest thing then, in all education, is to make our nervous system our ally as opposed to our enemy". William James*

We come into the world hardwired for connection. With our first breath we embark on a lifelong quest to feel safe in our bodies, in our environments and in our relationships with others.

The autonomic nervous system responds moment to moment to what are often competing needs to survive or to be social.

In a state of protection, survival is the only goal. The system is closed to connection and change.

In state of connection, health, growth, and resilience are possible.

Every day we may be challenged, knocked off centre, stretched beyond our limits, open to warm social contact and our autonomic nervous system is always asking the question "Is this safe"?

In this workshop we will use Openfloor Movement practice, artwork, and the latest neuroscience on the working of the nervous system in order to find creative ways to bring our nervous system into a state of resilience over and over again.

Date: 4<sup>th</sup> and 5<sup>th</sup> March 2023

Time: Sat 10.30am to 5.30pm; Sun 10.30am to 4.30pm

Venue: Barbara Ward Clonliffe & Croke Park Community Centre, Dublin 3.

Cost and booking: €120 By Pay Pal on [www.embodiedbrain.ie](http://www.embodiedbrain.ie) or email

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