



## **Connections**

With

**Caitriona Nic Ghiollaphádraig**

### **5 rhythms® Weekend Waves Workshop.**

A workshop exploring how to find ease in relating with others.

Sometimes it is easy to turn up and connect with another, other times it can be difficult and awkward. Others inspire all sorts of reactions in us: positive, negative, neutral. Sometimes we act out or amplify these feelings, sometimes we try not to notice them – and sometimes, in an effort to stay with our own experience, we avoid others altogether. What would our ability to connect be like, if, instead of going with our old habits we opened our curiosity muscles and took the opportunity in a safe environment to explore new ways of connecting?

In this workshop, we will use the mindfulness movement practice of the 5Rhythms® to help us explore and develop our innate curiosity about our habitual responses towards one another and with awareness, we may begin to move from judgement and separation toward a sense of openness, connection, and ease in the company of others.

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

**Date:** 20<sup>th</sup> /21<sup>st</sup> May

**Cost:** Weekend €120 or One-Day cost €70

**Time:** 10.30 am to 5.00pm Sat and 10.30am to 4.30pm Sunday

**To Book:** Paypal on [www.embodiedbrain.ie](http://www.embodiedbrain.ie) See website for cancellation policy.