



# Connections

With

Caitríona Nic Ghiollaphádraig

## Openfloor Weekend 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. People 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 and find ease and enjoyment in our connections?

In this workshop, we will use the mindfulness movement practice of Openfloor 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:** Kindred Studios, Upper Floor, Sligo Golf Club, Golf Club Road, Strandhill, Co Sligo. F91 FKN7

**Date:** May 27<sup>th</sup> /28<sup>th</sup> 2023

**Time:** 10.30pm 5.30pm Saturday and 10.30pm to 4.30 pm Sunday.

**Cost:** €125

**To Book:** via Pay Pal on [www.embodiedbrain.ie](http://www.embodiedbrain.ie)

**Contact person:** Rita McNulty0876295453 or [roisin@embodiedbrain.ie](mailto:roisin@embodiedbrain.ie) See website for cancellation policy.