

From Shame to Courage & Acceptance



“Shame is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging.” Brené Brown

Open Floor Weekend Workshop with Caitríona Nic Ghiollaphádraig

Shame is a profoundly debilitating emotion. It drives our fears of not being good enough, not belonging, not being loveable for who we are. Often, we want to hide away from facing our shame-filled feelings, yet when supported to turn towards them we often experience a liberation as we let them go and begin to live our most vibrant resilient, courageous lives.

In this workshop we will explore shame & courage with kindness, humour and appropriate openness using Open Floor Meditation Practice, Neuroscience and Mindfulness Self Compassion.

Venue: Kindred Studios, Upper Floor, Sligo Golf Club, Golf Club Road, Strandhill, Co Sligo. F91 FKN7

Date: March 11th /12th 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

Contact person: Rita McNulty0876295453 or roisin@embodiedbrain.ie

Cancellation policy: A €30 deposit will be withheld if cancelled 7 days before start date of workshop; €50 will be withheld if cancelled 5 days before start of workshop. No refund if cancelled on day of workshop;