



5 Rhythms Summer School

With

Caitríona Nic Ghiollaphádraig

This is the 26th year offering the 5 Rhythms Summer School in the Common Knowledge Centre (formerly known as Boghill Centre), off the West coast of Ireland. The Centre is situated in the heart of the unique landscape called the Burren. The Burren is an area of limestone rock covering hills and valleys with meandering streams, extraordinary flora and wildlife, megalithic tombs, and monuments older than the pyramids all situated on the Atlantic Coast with beautiful beaches close by.

In this setting we will use 5 Rhythms, a mindful movement practice to support us in the investigation of our creative, fun-loving essential nature. We will be guided by Sadhbh O' Neill to enhance our creativity through the medium of art and collage making. We will explore and learn about the unique landscape that is the Burren to complement our creativity.

And there will be ample time for sea swimming, relaxing, and tasting the local Irish traditional music and dance scene.

The summer school is open to all whether you are coming for the first time or if you have been here before.

Practical Details

Dates: July 17th at 1pm with lunch; Finish on 21st at 4pm.

Due to change of ownership and upgrading of the facilities costs have increased.

Costs 2023:

If paid in full by July 1st Shared accommodation €800; Single/Double rooms €900.

After July 1st Shared accommodation €850; Single/Double rooms €950.

A non-refundable, non-transferable deposit of €250 will secure a place.

Payment through PayPal on www.embodiedbrain.ie

Please visit www.embodiedbrain.ie to read the cancellation policy regarding Boghill 2023.

Accommodation: In Courtyard: 4 single rooms shared en-suite; Twin/double en suite.

In Guesthouse: 2 Shared rooms and 2 triples en-suite

Booking: The number of participants is limited to 18, so early booking advised.

Online: use PayPal via website and email booking form to roisin@embodiedbrain.ie

Phone: 0868753251

Food: Vegetarian; please indicate on the application form if you have dietary requirements.

Clothes: Informal, loose layers. Outdoor shoes for walking the Burren.

Arrival: We will start gathering for lunch at 1pm. Please arrive beforehand to book in and sort your accommodation.

Booking Form:

Name:

Address:

Email:

Mob:

Contact person in case of emergency:

Dietary Requirements:

Date of Deposit Paid:

Signed: