



Bare Bones/Back to Basics

With

Caitríona Nic Ghiollaphádraig

One day 5 rhythms® waves workshop.

We forget how strong and supportive our bare bones are. They are the structure that supports all our movements.

Within this workshop we will use the 5 Rhythms Movement Practice as a way to come back to the basic practices of grounding, centring, releasing, making choices, and slowing down.

This day is an opportunity to remember that our body is our first home and the ground of our being. Moving with this awareness brings nourishment and opens up space and time in our busy lives.

Venue: *Barbara Ward Clonliffe and Croke Park Community Centre, 9A Richmond Industrial Estate, Distillery Rd., off Clonliffe Rd., Dublin 3.*

Date: *Saturday June 24th, 2023.* **Time:** *10.30 am to 5.30pm*

Cost: *€75* **Booking:** *By Pay Pal on www.embodiedbrain.ie*

See website for cancellation policy.