



## *Harvest Dance*

*“Gratitude unlocks the fullness of life. It turns what we have into enough and more.... It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.” — [Melody Beattie](#)*

### *With Caitríona Nic Ghiollaphádraig*

Harvest time, an opportunity to reflect on the “fruits of your labour” whatever that means to you throughout the past year; to celebrate, rejoice and share with others the abundance that is in your life today.

We will use Open Floor Movement: A movement meditation practice that is simple, profound, joyful and transforming.

This workshop is open to everyone interested in expressing an embodied sense of gratitude for the many joys that actually enter our lives each day.

**Venue:** The Avalon Centre, St. Anne’s Youth Centre, Chapel St., Sligo

**Date:** Sunday October 15<sup>th</sup>, 2023

**Time:** 10.30 to 5.30pm

**Cost** €90

**To Book:** Paypal [www.embodiedbrain.ie](http://www.embodiedbrain.ie)

**Cancellation policy:** see website for details.