

Into The New

5Rhythms Movement
Meditation

January 6th & 7th 2024

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Into The New 5Rhythms **ZOOM** Workshop with Caitríona Nic Ghiollaphádraig

The Beginning of a new year is a good time to pause, look back at what was, see what is now and set out intentions, hopes, wishes and dreams for 2024.

We will use the 5Rhythms movement practice to let go of the old year from the year gone by...

To appreciate what is valuable in our lives in the present.

To creating dreams of intention for the year ahead.

To tap into our creativity and move with awareness we will use collage making and writing to awaken our creative impulses.

Venue: ZOOM

Saturday January 6th: 12 - 5 pm

Sunday January 7th: 11 - 4 pm

Workshop Cost: €100 per person

Booking via PayPal @

www.embodiedbrain.ie

Cancellation policy: Full refund if cancelled before December 30th 2023, otherwise cost of €50 will be incurred. Non-attendance - no refund. In the event that the workshop is cancelled, a full refund will be issued.