

Put a Spring in Your Step



With

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Springtime is a time of new life; daffodils and snowdrops appearing on the landscape; lambs frolicking in the fields, buds opening on the trees.

Do you feel a spring in your step? Or are you feeling stiff, unenergetic, and dull?

Maybe now is the perfect time for you to explore the Open Floor Movement Practice to awake your energy and vitality.

Venue: Barbara Ward Clonliffe & Croke Park Community Centre,
9 A Richmond Industrial Estate, Distillery Rd, Off Clonliffe Rd, Dublin 3

Date: March 9th & 10th **Time:** Sat 10.00 to 5pm; Sun 10am to 4pm

Cost: €120

To Book: pay through PayPal on www.embodiedbrain.ie

See cancellation policy on Bookings page www.embodiedbrain.ie