



# DIVING DEEPER

With

**Caitríona Nic Ghiollaphádraig**

This morning is an opportunity to remember that our body is our first home and the ground of our being. We can feel more at home in the world when we find a home base - something to return to over and over again to feel more grounded and aware.

We will take a deeper dive into the 5 Rhythms Mindful Movement Practice to partake in the simple joy of moving, being, letting go and entering into stillness.

**Venue: Ellis Hall, Letterfrack, Connemara, Co. Galway**

**Dates: Sunday July 14<sup>th</sup>.**

**Time: 10.30am to 1pm.**

**Cost: €40 per workshop. This work can be taken together with June 30th or standalone.**

**Booking: Booking: pay through PayPal on [www.embodiedbrain.ie](http://www.embodiedbrain.ie)  
See cancellation policy on Bookings page [www.embodiedbrain.ie](http://www.embodiedbrain.ie)**