



# Slow Down & Tune In

With Caitríona Nic Ghiollaphádraig

*"In an age of acceleration, nothing can be more exhilarating than going slow. And in an age of distraction, nothing is so luxurious as paying attention. And in an age of constant movement, nothing is so urgent as sitting still. "Pico Iyer [The Art of Stillness](#)*

Do you ever feel that you are constantly running on a hamster wheel. Always rushing from one thing to the next, and never seeming to have enough time to slow down and enjoy life? We live in a culture that more and more values speed and productivity. We are constantly being bombarded with messages telling us that we need to do more, be more, and have more. Most of the time we equate busyness with success.

All of this rushing and multitasking takes a toll on our mental and physical health:

- Constantly being in a rush and trying to do more in less time can lead to chronic stress and eventual burnout.
- Racing through life leaves little room for deep connections, meaningful experiences, and self-reflection. We may have a lot on our plates, but we're often left feeling unfulfilled and disconnected.
- When we're always in a hurry, we miss out on the beauty and opportunities that surround us. Life becomes a blur, and we fail to appreciate the present moment.

Embracing a slower pace of life is a courageous and rebellious act that can transform our lives and the lives of those around us.

Join me for an exploration of how we can slow down, stay vital, enhance our creativity and actually enjoy our lives. Open Floor Movement practice, sitting meditation, relaxation and sharing will form the threads of our time together.

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

**Date:** Saturday September 28<sup>th</sup> & 29<sup>th</sup> 2024.

**Time:** 10.30am to 5pm Sat and 10.30am to 4.00pm Sun.

**Cost:** €130, €50 deposit to secure a place.

**Booking:** pay through PayPal [www.embodiedbrain.ie](http://www.embodiedbrain.ie)

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