



**I will offer a mini-series of Evening 5 Rhythms Zoom classes.**

There will be some basic teaching at each session. You will have the opportunity to deepen your sense of rooting, presence, embodiment, and breath. You will have the opportunity in each session to tune in with your natural essential sense of self as it turns up on the day.

This can be at times deeply moving, catalytic, transforming and very ordinary.

The sessions will begin with a time for stretching and preparing yourself for the 5 Rhythms Wave. There will be some basic teaching at each session.

**Dates:** October 1<sup>st</sup>, 15<sup>th</sup>, 29<sup>th</sup>; November 12<sup>th</sup>, 26<sup>th</sup>;

**December** 10<sup>th</sup>.

**Time:** 7pm – 8.00pm, Zoom room will open at 6.45pm for stretching and we will start each class at 7.00pm.

**Cost:** €10 per class or €50 (6 classes for price of 5) if paid in full at start. Classes can be taken as a drop in or as a series. If dropping in please contact Roisin before 6pm on the Monday before the Tuesday class.

**To book:** By Pay Pal on [www.embodiedbrain.ie](http://www.embodiedbrain.ie) If you are interested contact Roisin at [roisin@embodiedbrain.ie](mailto:roisin@embodiedbrain.ie)