

# Peace & Quiet

A photograph of a sunset over the ocean. The sun is a bright, glowing orb in the center of the frame, casting a long, shimmering path of light across the dark, rippling water. A single bird is captured in flight, a small dark silhouette against the bright sky, just above the horizon line. The sky is a deep, hazy orange, and the overall mood is serene and contemplative.

Caitríona Nic Ghiollaphádraig

## Peace & Quiet

December 7<sup>th</sup>

You are invited to a One Day Open Floor Movement Workshop to pause, breathe and relax the body and quieten the mind.

It is an opportunity to find the steady ground under our feet, to move with intuition and agility and to remember the skill to Pause that resides inside of us if we turn our attention towards it.

We will use Open Floor Embodied Movement Practice to anchor us in the present and the wisdom of Self Compassion to find the still point within as we spend time in mindful movement and quiet relaxing.

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

**Date:** Saturday December 7th 2024

**Time:** Saturday 10.30am to 5pm;

**Cost:** €80, €30 deposit to secure a place.

**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)