



Anchor Your Attention

With

Caitríona Nic Ghiollaphádraig

5 Rhythms Sunday morning workshop

"The most precious gift we can offer anyone is our attention".

Thich Nacht Hanh

Attention allows us to plan, preview, monitor and regulate our thoughts, emotions, and actions. It is the first step in the learning process. We cannot understand, learn, or remember that which we do not first attend to, especially if we want to truly learn from our experiences.

For many of us unfocussed attention has been one of the consequences of the busy lives we live nowadays.

This workshop is an opportunity to reclaim, strengthen and grow our capacity to pay attention in order to contribute to our health and wellbeing.

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

Date: Sunday October 20th, 2024. Time: 10.30am to 1pm.

Cost: €40.

Booking: pay through PayPal on www.embodiedbrain.ie

See cancellation policy on Bookings page www.embodiedbrain.ie