



Bare Bones

One Day Weekend Workshop

We forget how strong and supportive our bare bones are. They are the structure that supports all our movements. Within this workshop we will use the 5 Rhythms Movement Practice as a way to come back to the basic practices of grounding, centring, releasing, making choices, and slowing down.

This day is an opportunity to remember that our body is our first home and the ground of our being. Moving with this awareness brings nourishment and opens up space and time in our busy lives.

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

***Date:** Saturday October 26th 2024*

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

***Cost:** €80.*

***Booking:** pay through PayPal on www.embodiedbrain.ie*

See cancellation policy on Bookings page www.embodiedbrain.ie