



Embodied Presence/ Embodied Brain 10

focused study in the healing power of

Compassion, Discernment and Presence

With

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A yearlong focused study in Compassion, Positivity and Resilience using Open Floor Movement Practice, Mindfulness Meditation, Self-Compassion and Up to Date Neuroscience.

“Dancing in the Space of Sanity

Chogyam Trungpa had the ability to draw forth

From those he worked with the very best they had to offer- sometimes better than they had to offer.

He gave them a glimpse of just how glorious they could be.

Then, he left it up to all of us to work out how to actually become those great human beings we keep buried inside most of the time.

He created a space of absolute sanity in which we all danced.”

Carolyn Gimian

Embodied Presence/Embodied Brain is an opportunity to enter onto an “Island of Sanity” and to explore the ways some of our habitual belief systems are not “accurate”. Yet we sense them as real and true because we tend to interpret events through the *lens of these beliefs*. These habits have great power over the quality of our daily lives as they tend to operate from outside our conscious awareness. Some of these belief systems cause us pain and stress yet these belief systems are always available to be uncovered, explored, updated and transformed.

"Two processes determine the quality of our experience; the actual events that happen to and around us, and the habits that convert these events into information, meaning and feeling." Ron Kurtz

The intention of this *Embodied Presence/Embodied Brain* study course is:

- *To transform the old unhelpful habits and belief systems into new more healthy, positive and compassionate ways of living our lives.
- *To bring awareness to the organisation of our experience on the physical, mental and emotional and spiritual levels.
- *To understand our experiences and how they developed.

Embodied Presence/Embodied Brain brings together elements of Open Floor Movement Practice, Internal Family Systems, Mindful Self-Compassion Practice and many elements in Neuroscience. Through the integration of these very distinct practices course participants are invited to undertake a focused study of how Compassion, Discernment and Presence can lead to healing old entrenched belief systems and to guide them towards **“a glimpse of just how glorious we could be”**

The course will be taught using a combination of lectures, movement and sitting meditations. There will be large, medium-sized and small group sessions and there will be homework and practice between modules.

Module 1: *Resourcing.*

Developing safety within the group so participants can explore their habits and develop courage and kindness to support the work ahead. Polyvagal Theory. Shame Resilience.

Module 2: *Uncovering the habit.*

Grounding: Expanding and contracting-what our habitual practices do to us; Brain Basics; Internal family system theory.

Module 3: *Exploring the role of memory and attention in building old patterns.*

Attention and intention; kindness; memory.

Module 4: *Release.*

Releasing the rigidity built into old habits and beliefs. Making space for change and beginning the integration of the old ways with new more healthy responses. Attachment Theory.

Module 5: *Choosing a fresh alternative.*

Expand and open; broaden and build into positivity and creativity. The theory of Positivity and Love.

Module 6: *A new way of life.*

Pausing; response flexibility; developing the ability to stop and pause before responding to a situation. Developing and strengthening our sources of Wisdom, Self-Compassion and Rest.

Module 7: *Completion and Celebration.*

Bringing the learnings from each module together and creating symbols of the change that has occurred.

Module 8: *Check in; check out.*

Celebrating our achievements; Dissolving the group.

Dates:**2025**

October 3/4/5,

December 5/6/7

2026

February 6/7/8,

April 17/18/19,

June 19/20/21,

September 25/26/27,

November 20/21/22

2027

May 21/22/23.

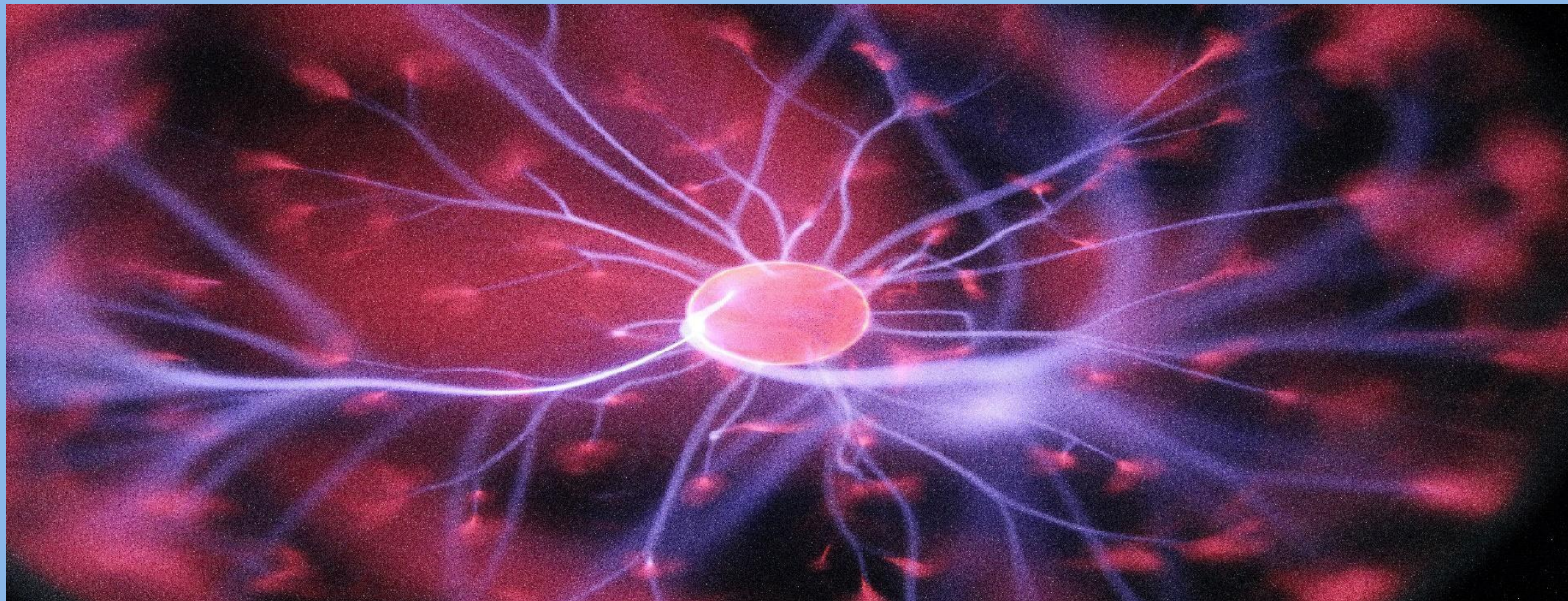
**Venue: Barbara Ward Clonliffe & Croke Park Community Centre,
9 A Richmond Industrial Estate, Distillery Rd, Off Clonliffe Rd, Dublin 3**

Cost: €1,600. The deposit to secure a place is €200. €175 payment at each module.

Participation by application only.

Experience of a Mindful Movement Practice essential.

Numbers strictly limited so earlier booking advisable at www.embodiedbrain.ie



Feedback from former participants:

**The Embodied Presence course has been the most transformative personal development experience I've encountered. It offers a well-rounded blend of knowledge acquisition, enjoyment and interpersonal connections. Skillfully managed, the course provides a safe yet stimulating environment that fosters growth and self-improvement. M.T*

**The work is very powerful and nurturing. I really value being part of a yearlong reflective group. It's a great opportunity to turn up regularly to my whole self in a safe, fun, engaging learning environment. Caitriona's expertise in creating and holding the group is a joy to behold. I would really recommend EP. C.N.*

**A precious opportunity to safely explore and/or discover the many parts of myself and my life in the company of exceptional facilitators and a beautiful community. M.F.*

**Embodied presence has given me the capacity to stand still and gently feel the layers of my life's emotional tapestry in ways that are exquisitely delicate and nuanced and at times painful in waves like a tsunami, all the while alive and living each day one step at a time. C.F.*

**Honestly, EP has been Life Changing. It helps me to stay present and respond in difficult situations rather than react. I am so grateful for the peace and resilience it has brought into my life. C.M.*

**This course has enriched my life so much not only from a learning and growth aspect it also given me a wonderful flow into a new and gentle community with a heartbeat at its core. Lifesaving and life changing for sure - be prepared for your life to move! S.R.*

