



# SUMMER SCHOOL 2025

## ROCKHOUSE, CO. SLIGO

This is the first year offering the 5 Rhythms® Summer School in the Rock House, Co. Sligo on the shores of Lough Arrow, F52 X720.

We will use 5 Rhythms®, a mindful movement practice to support us in the investigation of our creative, fun-loving essential nature. We will be guided by Sadhbh O' Neill to enhance our creativity through the medium of art and collage making. We will explore and learn about the unique landscape that is Sligo with Mary Quinlan. And there will be ample time for sea /lake swimming and relaxing. The summer school is open to all whether you are coming for the first time or if you have been here before.

**July 21st to 25th 2025**

**4 Nights accommodation**

**3 Delicious vegetarian meals per day**

**5 Sessions of 5 Rhythms® dancing**

**2 Formal art sessions & numerous informal**

**plus  
Guided archaeology walk & optional sea/lake swimming**

### EMBODIED BRAIN.IE

**Booking: The number of participants is limited so early booking advised.**

**If posting send the booking form with deposit to Caitriona Nic Ghiollaphádraig, Aughrismore, Cleggan, H71RX03 Co. Galway.**

**Online: use PayPal via website and email booking form to roisin@embodiedbrain.ie**

**Phone: 0868753251**



## **Practical Details**

**Dates: Start:** July 21<sup>st</sup> 2025 at 1pm with lunch; Finish on 25<sup>th</sup> at 4pm.

### **Accommodation:**

There are 9 en-suite bedrooms that have a mix of sleeping arrangements with double beds, single beds and bunks. If you have a preference to share with someone specific, please indicate this when booking.

### **If paid in full by July 1<sup>st</sup>**

Accommodation is €850 per person sharing;

**After July 1<sup>st</sup>** Accommodation is €900 per person sharing;

A deposit of €300 (**non-refundable, non-transferable**) must be sent together with **Booking form** (see below) to confirm a booking.

**The Full Fee must be paid in full by July 14<sup>th</sup> 2025.**

**Food:** Vegetarian; please indicate on the application form if you have dietary requirements.

**Clothes:** Informal, loose layers. Outdoor shoes for walking in Sligo.

**Arrival:** We will start gathering for lunch at 1pm. Please arrive beforehand to book in and sort your accommodation.

**Booking:** The number of participants is limited to 18 so early booking advised. If posting send the booking form with deposit to Caitriona Nic Ghiollaphádraig, Aughrismore, Cleggan, H71RX03 Co. Galway.

**Online:** use PayPal via website and email booking form to roisin@embodiedbrain.ie

**Please visit [www.embodiedbrain.ie](http://www.embodiedbrain.ie) to read the cancellation policy regarding Summer School 2025.**

**Booking Form**

**Name:**

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**Email:**

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**Mobile Number:**

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**Contact name and number in case of emergency:**

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**Dietary requirements:**

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**Name of person you wish to share with:**

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**Deposit: €300**

**Signed:**

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**Date:** \_\_\_\_\_