

5 Rhythms Sunday morning workshop



As we welcome in a new year, it's an ideal time to pause and reflect, to reconnect—with ourselves, and the deeper rhythms of our lives. It's a moment to honour the energy of possibility that the year's turning brings. In the words of John O'Donohue:

May you have the courage to listen to the voice of desire that disturbs you when you have settled for something safe."

We will bring a new year's wish to this session and using the 5Rhythms movement practice explore how we can take the first steps to embodying the newness and freshness of our intention.

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

Dates: Sunday January 19th 2025

Time: 10.30am to 1pm.

Cost: €40.

Booking: pay through PayPal on www.embodiedbrain.ie

See cancellation policy on Bookings page www.embodiedbrain.ie