



# Kindness, Care & Self Compassion

**March 23rd 2025**

**5 Rhythms Sunday Morning Workshop.**

Having compassion for oneself is not really different from having compassion for a friend. With self-compassion, we give ourselves the same kindness and support we would give to a good friend. You respond to your friend & yourself with warmth, understanding and kindness.

We will use 5 Rhythms to anchor us in the present and the wisdom of self-compassion to find the kindness, care & concern for yourself.

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

**Dates: Sunday March 23rd, 2025.**

**Time: 10.30am to 1pm.**

**Cost: €40.**

**Booking: Booking: pay through PayPal on [www.embodiedbrain.ie](http://www.embodiedbrain.ie)**

**See cancellation policy on Bookings page [www.embodiedbrain.ie](http://www.embodiedbrain.ie)**