



Are you keen to find more freedom and flexibility in your life?

Do you spend a lot of time in your head and want to be more spontaneous

Are you drawn to other ways of learning about yourself and the world?

Do you fancy trying something completely different: a creative adventure?

Come along on **Sat June 10th from 10 to 4pm** to our next workshop and surprise yourself. We create a safe space and bring you through a series of games and exercises that reconnect you with your natural playful self. From there you will discover doorways into clown that then lead on to simple improvisations.

By the end of the session you will have an experience of moving from the left brain to the right brain; from anxiety to ease and from separation to connection and belonging. Feedback from participants is that they leave feeling freer, lighter and more energised having laughed a lot and been part of a community for a day. Think mindfulness and silliness combined and you have the picture.

BOOKING and INFO:

<http://tinyurl.com/discover-the-clown>
or contact Susan Coughlan 087 9875180

ONE DAY WORKSHOP, Stoneybatter
Saturday, JUNE 10th from 10am to 4pm