



Introduction to Awareness through the Body With Gabi Gillessen



Explore the following principles:

- Everything is an opportunity to expand consciousness
- Being in the moment without taking anything for granted
- Finding your own inner patterns
- Enhancing concentration and focus – the capacity for being present

ATB aims to provide tools to help expand consciousness and discover the inner self. It offers the opportunity to refine and internalise the senses and using the senses in a more complete way, free from judgement and preconception.



When: 26th September 2015

Where: IYA AGM, Springfield Hotel, Leixlip

Time: 11am – 1pm

Cost: €25

This workshop is eligible for **2 CPD** hours