

## **Wendy Crampton: BodyBreath Workshops** **(<https://www.activelink.ie/node/111311>)**

### **BodyBreath Workshop - Bodywork, Breathwork & Meditation for Relaxation, Self Care & Healing**

Do you work in the not-for-profit sector and need to reduce stress and learn to relax? Are you seeking to re-connect more to yourself and your emotions & feelings? Are you looking for a new way to self-care and healing?

### **BodyBreath One Day Experiential Workshops starting 19th October 2024 - Maldrone Hotel Clondalkin**

NEW series of In-Person workshops combining the best of Breathwork, Body Movement Work And Meditation practices now open for bookings!

Workshops can be booked as individual days or as the full series.

#### **In the workshop we will explore:**

- Felt Sensing
- Body Movement Practices
- Breath & Meditation Practices
- Sound Meditation
- Guided Visualisation
- Group Reflection

**I have worked for many years in the non-profit sector in Dublin. I am a psychotherapist & clinical supervisor, and am also trained in** Breathwork, Craniosacral Therapy, Shamanic Practitioner Training, Touch & Healing Modalities and Meditation practices. These workshops bring together the best of the teachings and practices from Eastern & Western psychology.

Most people live disconnected from their bodies due to the stress and pressures put on us in daily life. We forget to come back to ourselves and regenerate and regain inner balance, by reconnecting to ourselves.

These workshops are for anyone seeking balance, development and personal growth who wish to explore practices using Body Movement, Breath, Sound, Visualisation and Meditation. From beginners to the more experienced practitioner, these workshops will bring you relaxation & tools for destressing, but also deeper into your personal therapeutic and spiritual healing journey.

Real Healing is Holistic and involves our Mind, Body and Spirit! Working in a group environment, we will learn methods and tools that work for everyday life, to improve our physical, emotional and mental health, as well as deepening our connection to our own life force and Being.

#### **Workshop 1:**

**Opening To Feeling** – Learning to feel and relax & track emotions  
10am – 5pm Saturday 19th October 2024

#### **Workshop 2:**

**Connecting To Body & Breath** – deeper body & breath practices  
10am – 5pm Saturday 16th November 2024

#### **Workshop 3: Creating Calm**

**Releasing anxiety & stress** through body & breath  
10am – 5pm Saturday 18th January 2025

## **Workshop 4: Being Strong, Being Kind**

**Finding strength, resilience & self-compassion** using body & breath  
10am – 5pm 15th February 2025

### **Venue :**

Maldron Hotel,  
Newlands Cross,  
Clondalkin  
D22 V6Y6  
(Hotel is beside Red Cow EXIT on M50 / off N7)

### **Payment :**

- €120 per workshop / €450 for full Workshop Series
- Student/other concession: €100 per workshop / €400 for full series
- (Payment by Revolut)

## **Bookings and queries:**

[wendy.crampton@gmail.com](mailto:wendy.crampton@gmail.com) (<mailto:wendy.crampton@gmail.com>) / 086 4134046 (tel:0864134046)

**Facebook:** [wendycramptonwellbeing](#)

**Instagram:** [wendycramptonwellbeing](#)

**Eventbrite Bookings:** <https://www.eventbrite.ie/e/1024770645587?aff=oddtcreator>

<https://www.eventbrite.ie/e/1024770645587?aff=oddtcreator>

You will be awarded a certificate of attendance for CPD points

**Cancellation Policy:** Fully refundable up to 7 days before workshop start date. As workshop places are limited, the workshops are non-refundable 7 days prior to the workshop.

### **Region**

Clondalkin, Dublin 22

[Book Here \(https://www.eventbrite.ie/e/1024770645587?aff=oddtcreator\)](https://www.eventbrite.ie/e/1024770645587?aff=oddtcreator)

### **Date Entered/Updated**

3rd Oct, 2024

### **Expiry Date**

3rd Dec, 2024

<b>Attachment</b>	<b>Size</b>
<a href="#">Bodybreath Workshop Details.pdf</a>	310.22 KB

---

**Source URL:** <https://www.activelink.ie/community-exchange/training/111311-wendy-crampton-bodybreath-workshops>