

Your Body Speaks



DISCOVER INNER PEACE AND TOTAL FREEDOM

THROUGH SOMATIC AWARENESS.

There is something instantly recognizable about people who are peaceful and free. When we look at people like Nelson Mandela, Deepak Chopra, the Dalai Lama there is an air of tranquility and ease about them which comes through in the way they speak, in their ease of movement and in their ability to remain calm in the face of adversity.



These people are aware that peace and ease are internal states.

You can experience this Inner Peace and ease, and when you do, you begin to realise that daily life, lived in this way is effortless. There is a sense of freedom and an understanding that true satisfaction and fulfilment does not come from external factors, that ultimately, true satisfaction and fulfilment comes from within. So you live your life from the inside out.

People who live like this exude an air of calm and confidence. They know how to accept the events in their lives, how to let go and how to express themselves from their core with a deep sense of peace and integrity.

Living your life from the inside out – a somatic process

Living your life from the inside out requires you to be aware of your body's inner feelings and sensations. Your body tells you when you are tense or agitated, relaxed or afraid. In moments when the body feels fear the mind 'reacts,' fearful thoughts escalate and so inner tension builds. Being connected with your body means you begin to really understand what it is communicating to you. Once you become aware of these somatic processes you can learn to let go of any unwanted tension and stress and this allows you to **direct your body toward inner peace, clarity in your thinking and freedom in your life.**

This means that you remain calm, at ease and centered regardless of the external circumstances. The result is that you express your innermost being, openly, honestly and with integrity.

The aim of this course is that through somatic techniques and body awareness you can experience yourself from the inside out. There is also the exploration of the practical overlay of this experience into your daily life so that you leave empowered with the ability to be guided by your own inner compass.

About Freada

Freeda McGoldrick has been practicing the art of inner peace through Somatic Awareness for 18 years. Freeda is qualified in Homeopathy, Drama, NLP Master Trainer, MythoSelf® Process and is a Somatic Educator. She has trained in the UK, US, Sweden, Spain, and India. More importantly (to Freeda at least!) is her ongoing daily commitment and practice to the art of inner peace and freedom. She brings a wealth of experience and joy to her work, her trainings are practical and highly profound. People enjoy the gentleness, humour and patience that Freeda brings to her work and experience profound changes in their lives.

Freeda's next training is in Co. Wicklow 16th – 18th October. If you wish to learn more, reserve a place on one of Freeda's courses or engage her to speak on Inner Peace and Freedom please phone 087 2186209 or e-mail freadamcgoldrick@gmail.com.