



## Workshops at the Sanctuary: October 2011 – May 2012

Please note that at weekends we only have one member of staff on duty at the Sanctuary, our main office is not open. **The Sanctuary opens 30 minutes before the start time of workshops.** The desk will not be attended before this. During workshops the desk may not be attended at certain times as our caretaker will need to set up tea and coffee for the group. **We close 30 minutes after the finish time of the workshop.**

Half day workshops:	10:00 – 13:00	€45 (Conc. €30)
	14:00 - 17:00	
Full day workshops:	10:00 - 16:00	€65 (Conc. €45)
Drumming workshop:	14:00 – 21:00	€45 (Conc. €25)
Weekend workshops:	10:00 – 16:00	€120 (Conc. €90)

Please bring a packed lunch to full day and weekend workshops. Tea and coffee are provided.

### Mindfulness Day – fully booked

**Date:** 28<sup>th</sup> January 2012; 11am- 2.30pm

**Cost:** €25, (Conc. €15) Booking essential.

**Description:** Half days of reflection, meditation and mindfulness. Throughout the year these half days provide an opportunity, to nurture and strengthen the energy of mindfulness and the practice of meditation in the company of others. Mindful eating is an integral part of the day, please bring lunch to share (example: bread, fruit, hummus, cake).

### Introduction to Meditation - with Sr. Stan – fully booked

**Date:** Saturday 4th February 2012; 10am- 1pm

**Cost:** €45 (Conc. €30)

**Description:** An invitation to develop the art of meditation. You will have the opportunity to try different meditation practices which combine the wisdom of both Eastern and Western traditions.

### Mastering Meditation - with John Callanan sj – places remaining

**Date:** Saturday 11<sup>th</sup> February 2012; 10am-4pm

**Cost:** €65 (€45 conc.)

**Description:** This one day workshop will use the Eastern insights of Anthony de Mello S.J. to help us reflect and find out what's going on at our deepest level. Father De Mello was born in Bombay, India, in 1931. He studied philosophy in Barcelona, theology in Chicago and Spirituality in Rome.

He is renowned for his efforts to bring spiritual treasures of the East to men and women in the West. His writings have become best sellers including Sadhana – A Way to God and Song of the Bird and have been translated internationally. He died in 1987.

Facilitator: Fr. John Callanan S.J. has published a series of topics and a book regarding De Mello's Style of Prayer. (The Spirit of Tony De Mello).



## **Learning to Live One Day at a Time with playwright and director Peter Sheridan**

**Date:** Saturday 18th February 2012; 10am- 1pm

**Cost:** €45 (Conc. €30)

## **Drumming Workshop – with John Bowker from Tribal Spirit Drumming**

**Date:** 18<sup>th</sup> February 2012; 2pm - 9pm

**Cost:** €45 (€25 conc.)

**Description:** Rhythms, songs, chants in harmony. Teachings of the drum from the tribal cultures of planet Earth. Absolute beginners welcome and also those with drumming experience. All drums are provided. Please bring lunch to share with the group.

## **Loving Kindness Meditation – with Marjo Oosterhoff**

**Date:** Sunday 19<sup>th</sup> February 2012; 10am- 4pm

**Cost:** €65 (Conc. €45)

**Description:** We all have the ability to love fully and unconditionally. Many of us, however, experience a lack of love for ourselves, or feel that we are not able to love others as fully as we would wish. In metta meditation, we develop an attitude of friendliness and non-contentiousness toward ourselves and others. We see ourselves as we are, not as we would like to be, and with acceptance and non-judging we learn to open our hearts to the predicament we and all living beings face.

## **Mindfulness Day**

**Date:** 25<sup>th</sup> February 2012; 11am- 2.30pm

**Cost:** €25, (Conc. €15) Booking essential.

**Description:** Half days of reflection, meditation and mindfulness. Throughout the year these half days provide an opportunity, to nurture and strengthen the energy of mindfulness and the practice of meditation in the company of others. Mindful eating is an integral part of the day, please bring lunch to share (example: bread, fruit, hummus, cake).

## **Power of Now – with John Doherty**

**Date:** Sunday 26<sup>th</sup> February, 2012; 10am- 4pm

**Cost:** €65 (Conc. €45)

**Description:** *"If we connect with the stillness within, we move beyond our active minds & emotions and discover great depths of lasting peace, contentment & serenity."* - Eckhart Tolle.

An exploration & experience of The Power of Now, the bestselling book by Eckhart Tolle and a wonderful guide to spiritual enlightenment. Authentic human power is found by surrendering to the Now – it is here we find our joy, are able to embrace our true selves and discover that we are already complete & perfect. This workshop includes powerful, effective practices for inner peace & change; guided meditations; group discussions and, of course, silence; all sowing the seeds for radical internal transformation & harmony.



## **Mindfulness Curriculum for Schools – with Richard Burnett**

**Date:** Saturday 3<sup>rd</sup> March 2012; 10am- 4pm

**Cost:** €85 (Conc. €70)

### **Description:**

Richard Burnett of MiSP spoke at the Sanctuary 2011 conference and we received such positive feedback from all those who attended that we have asked him to return and host a one day workshop for us. This workshop is for teachers and those who work with young people. It will explore Richard's experience of working on the mindfulness school curriculum developed in the UK. Lots of practical examples will be provided on the day as Richard shares his vast experience with all who attend. Biography: Richard Burnett is teacher and Housemaster at Tonbridge School in the UK. He is co-founder of the Mindfulness in Schools Project (MiSP) a non-profit organisation aiming to encourage, support and research the teaching of secular mindfulness in schools. Tonbridge was one of the first UK schools to include mindfulness in its curriculum for 13-14 year olds and this has attracted widespread academic and media interest. In 2008 Richard worked with Prof. Huppert of Cambridge University's Wellbeing Institute on a pilot study to research the effectiveness of mindfulness training in schools, the results of which were published in the Journal of Positive Psychology. In 2009 he wrote his MA dissertation on the subject: Mindfulness in Schools: Learning Lessons from the Adults. MiSP runs induction days and teacher training courses for those wishing to bring mindfulness into their schools: For more information see [www.mindfulnessinschools.org](http://www.mindfulnessinschools.org)

## **Mindfulness and Music – Limited places remaining**

**With Tony Bates psychologist, author and founder of Headstrong and Fionnuala Gill, singer and harpist**

**Date:** Wednesday 7th March 2011; 10am- 4pm

**Cost:** €80 (Includes lunch. Conc. €65)

**Description:** Mindfulness gives us the opportunity to live each day more fully and music can take us to a place of stillness beyond words. Lead by psychologist Tony Bates and musician/mindfulness teacher Fionnuala Gill, this gentle day of exploration combining music, song and simple mindfulness exercises will invite all present to journey from the head to the heart – perhaps opening us to the possibility of experiencing the joys and sorrows of our lives with greater awareness, presence and compassion.

## **Breath of Life – with Louis Hughes**

**Date:** Saturday 10<sup>th</sup> March 2012; 10am- 4pm

**Cost:** €65 (Conc. €45)

**Description:** The ultimate aim of this retreat is to learn to relax and to allow oneself to be breathed and prayed through by the Holy Spirit. The way the breath moves in us is an indicator of how we are. Breath and spirit are intimately connected, like two sides of one coin, yet our technology-based culture has introduced an artificial split between the two. Breath is seen simply as part of the physiological body and even as something mechanical. Spirit/soul on the other hand, is considered to be quite independent of this. This retreat will seek to promote integration of breath and spirit. Participants will be helped to become more deeply aware of the ways in which the breath moves within them and to recognize and respond to the particular difficulties they may encounter in breathing.



## **Seasonal Reflections with the Great Composers – with John Buckley**

**Date:** Saturday 24<sup>th</sup> March 2012; 10am- 1pm

**Cost:** €45 (Conc. €30)

**Description:** A number of pieces of classical music will be explored, these pieces will have been inspired by the theme of Easter and Spring. The background to the life and times of the composer in a historical and cultural context will be looked at. The music will be looked at in detail, especially approaches to listening to music and how to listen to get an understanding of the music.

## **Masters of Faith and Fantasy – with Brother Richard Hendrick**

**Date:** Saturday 24<sup>th</sup> March 2012; 2-5pm

**Cost:** €45 (Conc. €30)

**Description:** In this workshop we will be meeting three of the greatest and most influential Fantasy writers of all time:

- JR Tolkien, (The Hobbit, The Lord of the Rings)
- CS Lewis (The Chronicles of Narnia)
- JK Rowling (The Harry Potter series)

We will look at the notions of myth, fantasy, storytelling and spiritual archetypes and at how these writer's stories were informed by their life experience and spiritual journeys!

A must for all fans who would like to know the back story behind their favourite books.

## **Listening with the Ear of the Heart with Nóirín Ní Riain – Musician, singer and songwriter.**

**Date:** Sunday 25<sup>th</sup> March 2012; 10am-1pm

**Cost:** €45 (Conc. €30)

**Description:** Exploring new ways of hearing and listening, this morning is for everyone seeking spiritual nourishment at this bleak time of mid-winter. Special attention will be focused on approaches to listening to the various pieces in order to deepen our appreciation of them.

## **Mindfulness Day**

**Date:** 31<sup>st</sup> March 2012; 11am- 2.30pm

**Cost:** €25, (Conc. €15) Booking essential.

**Description:** Half days of reflection, meditation and mindfulness. Throughout the year these half days provide an opportunity, to nurture and strengthen the energy of mindfulness and the practice of meditation in the company of others. Mindful eating is an integral part of the day, please bring lunch to share (example: bread, fruit, hummus, cake).



## **Organic Gardening - with Linda Gilsenan**

**Date:** Saturday 14<sup>th</sup> April 2012; 10am- 4pm

**Cost:** €65 (Conc. €45)

**Description:** Taking place at the start of the growing season this workshop will give participants a chance to get started in the right way at the right time. We will cover ground preparation; planning your garden; when to sow; managing the fertility of your soil; dealing with slugs; crop rotation; make compost; and wildlife gardening. Practical sessions will include: Sowing seeds, potting up, planting onion sets and more.

This one day course will be hands-on and fun. Each participant will sow seeds on the day that they will bring home to grow on for their own gardens. They will also leave with handouts to help them get started. Please wear suitable clothing as part of this workshop will be outside in the Sanctuary garden. Tea and coffee are provided but people are asked to bring a packed lunch.

## **Drumming Workshop – with John Bowker from Tribal Spirit Drumming**

**Date:** 21<sup>st</sup> April, 2012; 2pm - 9pm

**Cost:** €45 (€25 conc.)

**Description:** Rhythms, songs, chants in harmony. Teachings of the drum from the tribal cultures of planet Earth. Absolute beginners welcome and also those with drumming experience. All drums are provided. Please bring lunch to share with the group.

## **Mindfulness Day**

**Date:** 28<sup>th</sup> April 2012; 11am- 2.30pm

**Cost:** €25, (Conc. €15) Booking essential.

**Description:** Half days of reflection, meditation and mindfulness. Throughout the year these half days provide an opportunity, to nurture and strengthen the energy of mindfulness and the practice of meditation in the company of others. Mindful eating is an integral part of the day, please bring lunch to share (example: bread, fruit, hummus, cake).

## **Loving Kindness Meditation – with Marjo Oosterhoff**

**Date:** Sunday 19<sup>th</sup> February 2012; 10am- 4pm

**Cost:** €65 (Conc. €45)

**Description:** We all have the ability to love fully and unconditionally. Many of us, however, experience a lack of love for ourselves, or feel that we are not able to love others as fully as we would wish. In metta meditation, we develop an attitude of friendliness and non-contentiousness toward ourselves and others. We see ourselves as we are, not as we would like to be, and with acceptance and non-judging we learn to open our hearts to the predicament we and all living beings face.

## **Introduction to Meditation - with Sr. Stan**

**Date:** Saturday 5<sup>th</sup> May 2012; 10am- 1pm

**Cost:** €45 (Conc. €30)



**Description:** An invitation to develop the art of meditation. You will have the opportunity to try different meditation practices which combine the wisdom of both Eastern and Western traditions.

## **Opening the Heart: The Path and Purpose of Christian Meditation – with Brother Richard Hendrick**

**Date:** Saturday 5<sup>th</sup> May 2012; 2-5pm

**Cost:** €45 (Conc. €30)

**Description:** Many people are unaware of the Christian Contemplative Tradition. In this workshop we will look at the origin, practice and goal of the Christian way of meditation. The workshop will include:

- Contemplation and meditation in the Scriptures.
- Who were the desert fathers and mothers and how do they speak to us today?
- Theosis: The goal of Christian Life
- The core practices of the Christian meditative tradition
- The heart as inner sanctuary
- Christian meditation in the context of the other traditions.

## **Breath of Life – with Louis Hughes**

**Date:** Saturday 19<sup>th</sup> May 2012; 10am- 4pm

**Cost:** €65 (Conc. €45)

**Description:** The ultimate aim of this retreat is to learn to relax and to allow oneself to be breathed and prayed through by the Holy Spirit. The way the breath moves in us is an indicator of how we are. Breath and spirit are intimately connected, like two sides of one coin, yet our technology-based culture has introduced an artificial split between the two. Breath is seen simply as part of the physiological body and even as something mechanical. Spirit/soul on the other hand, is considered to be quite independent of this. This retreat will seek to promote integration of breath and spirit. Participants will be helped to become more deeply aware of the ways in which the breath moves within them and to recognize and respond to the particular difficulties they may encounter in breathing.

## **Mindfulness Day**

**Date:** 26<sup>th</sup> May 2012; 11am- 2.30pm

**Cost:** €25, (Conc. €15) Booking essential.

**Description:** Half days of reflection, meditation and mindfulness. Throughout the year these half days provide an opportunity, to nurture and strengthen the energy of mindfulness and the practice of meditation in the company of others. Mindful eating is an integral part of the day, please bring lunch to share (example: bread, fruit, hummus, cake).