



Workshops at the Sanctuary

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.**

Our new brochure will be printed and distributed on August 17th 2009 with details of new evening courses and workshops.

Half day workshops:	10:00 – 13:00	€45 (Conc. €30)
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.

Workshops September 2010 – May 2011

Looking Back - with Luka Bloom – Places remaining

Date: Saturday 4th September 2010; 10am- 1pm

Cost: €45 (Conc. €30)

Description: Join us for a morning of song and conversation with revered Irish singer songwriter Luka Bloom. The soulful folk artist will be performing a range of songs, from traditional pieces to new modern acoustic works in the intimate setting of the Sanctuary. Places are limited so please book early to avoid disappointment.

Mindfulness Practices For Daily Life - with Sr. Stan

Please note we are running an additional workshop on 12th September

Date: Saturday 11th September 2010 – Fully Booked

Sunday 12th September; 10am- 4pm – Places remaining

Cost: €65 (Conc. €45)

Description: Mindfulness is meaningless without practice and this workshop will give experience of mindfulness practices through the senses, walking, eating and breathing. Please bring lunch to share.

Mindfulness Days



Date: 25th September 2010; 11am- 2.30pm

Cost: Suggested donation €10, 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).

The Labyrinth - with Sr. Elizabeth Fitzpatrick OSE

Date: 26th September 2010; 10am- 1pm

Cost: €45 (concession €30)

Description: THE LABRINTH -Walking via a labyrinth. The labyrinth - a walking meditation facilitates prayer and union with God. It is an ancient spiritual practice found in almost every religious tradition, and is emerging once again in our time as a tool of transformation. The best known labyrinth is in Chartres Cathedral in France - built around 1200. Please bring a pair of socks, a journal and a pen.

Sr. Elizabeth is a Veriditas trained facilitator and has been to Chartres twice to walk the ancient labyrinth there. Sister has given many workshops to various groups in the US and in Ireland.

Drumming Workshop – with John Bowker from Tribal Spirit Drumming

Date: 9th October 2010; 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.

Breath of Life – with Louis Hughes – Fully booked

Date: 16th October 2009; 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 Days

Date: 30th October 2010; 11am- 2.30pm

Cost: Suggested donation €10, 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).

Essential Oils for Spiritual Attunement - with Catherine Roe

Date: 6th November 2010; 10am- 1pm

Cost: €45 (concession €30)

Description: Vibration underline every aspect of nature, Essential Oils also have a vibration and have long been used to facilitate prayer and meditation. In this workshop, we'll learn how to connect to our Spiritual Intelligence to reach out to the Law of the Divine (law of abundance, law of attraction, law of manifestation) using essential oils. Once attuned to our spiritual core, we'll create Individual Altars to celebrate our unique sacred space and de-stress from our daily life.

This half- day workshop will appeal to those who would like an introduction to the use of essential oils and for those familiar with aromatherapy and meditation practice.

The Sky Within – with Jole Bortoli

Date: 13th November 2010; 10am- 4pm

Cost: €75 (Includes €10 materials charge. Concession €55)

Description: Painting workshop with artist and facilitator Jole Bortoli exploring images of Art and Spirit. Personal paintings and images are like maps revealing our inner landscapes, our boundaries and sacred sites. In them we carry not just our history but also the spirituality of who we are. During this workshop we will be exploring personal imagery and symbols, the artworks of different cultures, sacred geometry and the representation of the Universe.

"We have an entire sky within us, our fiery strength and heavenly origins: Luna which symbolizes the continuous motion of soul and body, Mars speed and Saturn slowness, the Sun God, Jupiter law, Mercury reason, and Venus Humanity".– Marsilio Ficino, letter to Lorenzo The Magnificent.

Jole Bortoli is the director and founder of Art to Heart. She has extensive experience in working with children and adults through the arts. Though she works mainly with painting, drawing and clay, links are constantly made with other art forms such as music, poetry, literature and drama.

Drumming Workshop – with John Bowker from Tribal Spirit Drumming

Date: 20th November 2010; 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 Days

Date: 27th November 2010; 11am- 2.30pm

Cost: Suggested donation €10, 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).

Journeying Towards Christmas

The Wonder of Christmas with Niamh Bruce – Sanctuary for Youth Facilitator

Date: Saturday 4th December 2010; 10am-1pm – **5-7 years**
Saturday 11th December 2010; 10am-1pm – **8-12 years**

Cost: €30

Description: A reflective and creative morning for children. The morning will include story telling, mandala making and wonderment journey. Parents/Guardian present.

Advent Reflection with Michael Rodgers sps – Founder and Director of Tearmann Centre Glendalough

Date: Sunday 5th December 2010; 10am- 4pm

Cost: €65 (Conc. €45)

Description: A quiet creative day to pause and reflect on the messages of Advent. The day includes working with clay and time in nature.

Festival of Carols

Date: Monday 6th December 2010; 6.30-8.30pm

Cost: Please phone the Sanctuary on 01-6705419 to put your name down for tickets to this event. You will be asked to send in a stamped, addressed envelope and the tickets will be posted out in the week prior to the event. There is no charge for the tickets but all donations will be gratefully accepted on the night.

Description: The Dublin Gospel Choir and Guests will lead us in a festival of Christmas Carols in the Presidents Hall, Law Society, Blackhall Place.

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

Date: Sunday 12th December 2010; 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.



5 Rhythms Dance – with Caitriona Nic Ghiollaphádraig

Date: 22nd January 2011; 10am-4pm

Cost: €65 (€45 conc.)

Description: The 5 Rhythms have been developed over the past 40 years by a woman called Gabrielle Roth. Her philosophy is everything we experience during our lives, whether it is positive or negative, is stored in our bodies as well as our minds. By putting the body in movement, in order to still the mind, we can learn to live in the present, to become less anxious and fearful in our lives and to develop an overall sense of physical and mental well-being.

The 5 Rhythms® is a movement meditation practice which in this present time of turmoil, fear and chaos helps us stay steady and grounded in order to face our fears and learn to live with an ever-changing world. Fundamental to the practice of the 5 Rhythms® is the idea that everything is energy and moves in waves, patterns and rhythms. The five rhythms (in order) are: flowing, staccato, chaos, lyrical, stillness. The five rhythms, when danced in sequence, are known as a "Wave".

A short DVD can be found - <http://www.youtube.com/watch?v=SWYeK5qS0YQ>
Caitriona Nic Ghiollaphádraig - <http://www.deorade.com/caitriona.html>

Mindfulness Days

Date: 29th January 2011; 11am- 2.30pm

Cost: Suggested donation €10, 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).

The Spirituality of Politics

with David Norris – senator, Joycean scholar and human rights activist.

Date: Saturday 5th February 2011; 10am- 1pm

Cost: €45 (Conc. €30)

Description: Join us for a morning with the enigmatic senator David Norris. It will be a relaxed and informal session which we hope will stimulate an interactive dialogue with the audience.

Drumming Workshop – with John Bowker from Tribal Spirit Drumming

Date: 5th February 2010; **2.30pm - 9pm (please note later start time for this course)**

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.

Power of Now – with John Doherty

Date: 12th February 2011; 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.

Loving Kindness Meditation – with Marjo Oosterhoff

Date: 19th February 2011; 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 Days

Date: 26th February 2011; 11am- 2.30pm

Cost: Suggested donation €10, 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).

Breath of Life – with Louis Hughes – fully booked

Date: 5th March 2011; 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 and Mental Health

with Tony Bates psychologist, author and founder of Headstrong

Date: Tuesday 8th March 2011; 10am- 4pm

Cost: €80 (Includes lunch. Conc. €65)

Description: The day will present the basics of the theory and practice of mindfulness. It will be both didactic and experiential. There will be opportunities to learn and practice a range of simple sitting, stretching, walking and other mindfulness practices. The focus of teaching will be on explaining how mindfulness increases our ability to feel more grounded and connected and how it helps us to build physiological and psychological resilience in our lives. The overall aim of the day is that people would leave with a greater confidence in themselves to practice mindfulness meditation, and a clearer understanding of how daily practice supports our mental health.

Curiouser and Curiouser

with John Quinn – Author, teacher and broadcaster

Date: Saturday 12th March 2011; 10am- 1pm

Cost: €45 (Conc. €30)

Description: John Quinn explores some questions for our time based on his recent book the curious mind.

"Curiouser and curiouser!" Cried Alice (she was so much surprised, that for the moment she quite forgot how to speak good English). 'Now I'm opening out like the largest telescope that ever was! Good-bye, feet!' (for when she looked down at her feet they seemed to be almost out of sight, they were getting so far off)."

Mindfulness Days

Date: 26th March 2011; 11am- 2.30pm

Cost: Suggested donation €10, 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).

Drumming Workshop – with John Bowker from Tribal Spirit Drumming

Date: 2nd April 2011; 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.

Organic Gardening - with Linda Gilsenan

Date: Saturday 9th April 2010; 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.

Seasonal Reflections with the Great Composers – with John Buckley

Date: Saturday 16th April 2011; 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.

Mindfulness Days

Date: 30th April 2011; 11am- 2.30pm

Cost: Suggested donation €10, 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).

Mapping your Universe – with Jole Bortoli · Organic Gardening - with Linda Gilsenan

Date: Saturday 7th May 2011; 10am- 4pm

Cost: €65 (Conc. €45)

Description: The Renaissance Florentine's scholar Marsilio Ficino wrote in his 'Book of Life' that at some stage in our life we should make a figure of the Universe. He gives precise instructions on how and when to start it, what essential colours to include, where to position it, once finished,



inside your house in order 'to expect most benefits from such an image'. This programme has come about as natural follow up to a series of workshops Jole has given to both adults and children around the theme of Tibetan artworks known as Mandalas, personal symbols and the representation of the Universe. During the workshops we will work on personal symbols and sacred geometry (sacred universal patterns and archetypes, most often seen in sacred architecture and art), with a view to illustrate a personal map. No artistic experience necessary to attend.

A Mandala Journey – with Niamh Bruce

Date: Thursday 12th May 2011; 7pm-9pm

Cost: €25 (Conc. €20)

Description: An informal evening session. Starting with a meditation and followed by discussion on geometry in mandalas, the journey with the school's group, experiencing the large mandala created by a group of young people in the Qi Gung circle. Each person will draw a geometric design to gain a deeper understanding of how mandalas work. A short Sanctuary film on Mandalas will also be shown

Drumming Workshop – with John Bowker from Tribal Spirit Drumming

Date: 21st May 2011; 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.