



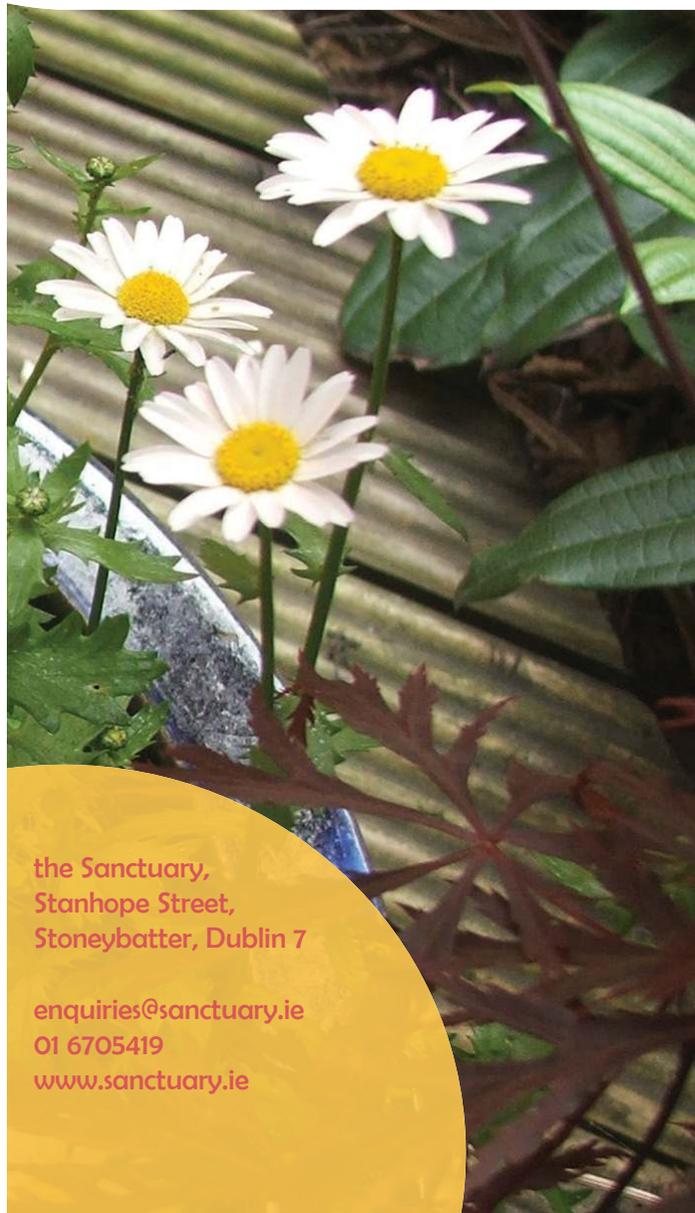
Upcoming At The Sanctuary

Mindfulness for Teachers: .b Foundations With Dominic Cogan

This eight week programme is designed for teachers, staff, and parents who want to develop their own mindfulness practice and enhance their own wellbeing. However it would also enable participants who develop a practice to qualify for further training in order to teach .b or Paws .b to young people.

Mindfulness for Teachers: .b Foundations is based on the core mindfulness principles found within Mindfulness-based stress reduction (MBSR) and Mindfulness-based Cognitive Therapy (MBCT) courses. However it differs in that it has been designed with school staff in mind. The training sessions and recommended home practices are shorter than MBSR/ MBCT and designed to be accessible, yet still effective, for busy educational staff.

Tuesday 19th of September at 7pm. Price: €200



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The Art of Being Still with Sr. Stan

With Sr. Stanislaus Kennedy, this 5 week foundation course is an invitation to go within and develop the art of meditation.

You will have the opportunity to try different meditation practices which combine the wisdom of both Eastern and Western tradition. Each session is 90 minutes in duration.

Monday 11th of September at 7pm. Price: €95

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September

Mindfulness Based Stress Reduction With Niamh Bruce.

The course aims to assist you in taking better care of yourself and in getting more out of living. Many people completing the programme report lasting physical and psychological benefits including: An increased ability to relax and experience calm and an increased ability to cope more effectively with both short and long term stressful situations.

Price : €350.00 04/09/2017 7 PM

3 Mystics: The Cloud of Unknowing, Thich Nhat Hanh & Thomas Merton

This short three week course is an introduction to mysticism. In it we will explore the concept of mysticism as it is manifested in the lives and teachings of three mystics – two from the Christian tradition and one from the Buddhist world. Each mystic brings their own distinctive perspective on the spiritual journey. Over the three weeks we will look at their unique contribution and points of convergence.

Price : €65.00 14/09/2017 7:00 PM

Mindful Yoga Tuesday Evening Class with Andrea Boudin

In this mindful Hatha yoga evening class participants are introduced to breath awareness practices and the experience of stillness. Yoga postures and sequences are practiced with awareness as we connect mind, body and heart in the present moment.

Price : €75.00. Starting on Tuesday 12/09/2017 at 6:00 PM or 7:30PM

Food for Thought With Orla Burchael & Shirley Roe

This is a 6 week Friday afternoon course on mindful eating is about giving a gift to yourself – the gift of appreciating the food that you eat. When you are more aware of your relationship with food, you have more choice, more possibilities about what is nourishing for you.

Price : €195.00 22/09/2017 14:00 PM

Mindful Self-Compassion (MSC) With Carolin Grampp

With Carolin Grampp, this 8 week Mindful Self Compassion (MSC) course is designed to cultivate the skill of self-compassion. It is based on the research of Kristin Neff and the clinical expertise of Christopher Germer. It teaches core principles and practices which enable us to respond to difficult moments in our lives with kindness, care and understanding. Each session is 3 hours in duration with a full day of practice on October 29th.

Price : €350.00 29/09/2017 19:00 PM

A 6 Week Course in Building Resilience and Well-being Mindfully With Theresa Larkin

Resilience is our ability to successfully cope with adversity in the face of challenge. During the workshop we will explore building an emotional toolbox, looking at resilient thinking in action, nurturing our resources, the value of staying connected and learning how to deal with these challenges more effectively. We will place strong emphasis on the mindful qualities of self-care and self-compassion. Handouts will be provided including "Ten tips to build Resilience and Wellbeing"

Price : €135.00 28/09/2017 10:30 AM

October

Mindful Parenting With Dominic Cogan

Learn short mindfulness practices that will enable you to be more fully present and supportive to your child as they face the increasing challenges of finding their feet in today's world. There will be opportunities to explore experiences with other parents and notes provided for each session. Dominic has been practicing mindfulness meditation for almost fourteen years. Dominic also works regularly in bringing mindfulness to students, teachers and administrators at both primary and secondary level. Dominic is a father of three children.

Price : €75.00 05/10/2017 7:00 PM

November

5 Rhythms Dance with Caitriona Ni Ghiollophadraig

With Caitriona Ni Ghiollophadraig, this one-day workshop combines cutting edge neuroscience with the 5 rhythms movement practice of Gabrielle Roth. You can experience renewed vitality, less stress and greater health in mind and body no matter what your age or physical condition, or gender.

Price : €65.00 05/11/2017 10:00 AM



Join Fr Korko Moses On Two Short Summer Retreats

The Sanctuary is delighted to welcome back Korko Moses SJ. Fr. Korko is an Indian Jesuit and founder of Dhyana Vanam Ashram in Dindigul in Southern India, a Christian centre for Yoga and Meditation for Spiritual Awakening (Self Realisation). He gives special importance to developing openness and respect to other religious traditions.

Fr Korko Moses will be running an **Intensive Journaling Retreat starting on the 27th of August at 9am. It costs €225 to take part.** This 4 day silent retreat is based on the Intensive Journal Method, developed by Ira Propoff, an integrated system of writing exercises.

These are designed to allow you access and work with your experiences and feelings so you gain awareness about your life and where the Spirit is leading. The retreat leader, Fr Korko Moses, will guide you step-by-step in an atmosphere of privacy, silence and reflection.

On September 1st at 10am Fr Korko Moses will be leading a **Three Day Silent Non-residential Retreat in the Sanctuary.**

It costs €150 for a place. This silent retreat will combine meditation, awareness practices, yogic stretches, breathwork and discourses inspired by both Eastern and Western spirituality.

It is suitable for both newcomers and more experienced spiritual seekers.



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