



Young People And Mindfulness

Underpinning our work at the Sanctuary is the belief that the skill of **finding balance and stillness in this manic world will benefit all age groups.**

We have developed several partnerships and courses with local and international facilitators dedicated to **equipping those that work with young people or in classroom environments to bring the benefits of mindfulness to their practice.**



Upcoming at The Sanctuary



the Sanctuary,
Stanhope Street,
Stoneybatter, Dublin 7

enquiries@sanctuary.ie
01 6705419
www.sanctuary.ie



Building Resilience and Well-being Mindfully With Theresa Larkin

€135

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. This course runs for six weeks.

A six week course running from Thursday 28th of September 2017 at 10:30am

Venue Hire

The Sanctuary can design a **tailor-made workshop for your team or organisation** that would take place in the beautiful settings of the Sanctuary.

Whilst designed to meet your particular needs **the common thread weaving throughout is the practice of mindfulness and meditation** – tools that quieten the mind, enhance clarity and restore balance.

We can also include some yoga, gentle movement and mindful walking.

Yoga

The Sanctuary has a range of yoga classes starting this Autumn. These gentle, mindful courses are led by two experienced Sanctuary facilitators with decades of experience behind them and take place in our gorgeous Library room.

Andrea Boudin completed her first year-long Yoga Alliance approved Ashtanga Yoga teacher training in 2006. She works with **students from all walks of life and strives to adapt her classes to the students present.**

Riana Walsh completed a three-year classical Hatha Yoga Teacher Training Diploma with the Irish Yoga Association, followed by post grad trainings with the IYA, Yoga Therapy Ireland, and an ITEC Diploma in Anatomy & Physiology. She has been **teaching Yoga for 15 years.**



A Mindful Approach to Eating With Orla Burchael & Shirley

€195

This 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.

When you learn more about nutrition and about how food is produced, you can grow to **appreciate the wonders of nature and the interconnectedness of all things.**

Starting Friday 22nd of September 2017 at 2pm

Christmas Events

Sr. Stan would like to invite you to **take time out and begin to celebrate the wonder of Christmas** with some very special annual events.

On **December 5th we take over the Law Library for our Festival of Christmas Carols** where we will be joined by an array of guests including the Dublin Gospel Choir to celebrate the season.

Then, on **December 21st we mark the Winter Solstice** with a wonderful evening of music, song, meditation and poetry with Nóirín Ní Riain.

All of these are **fundraising events in aid of the Sanctuary.** The centre is a charity and receives no direct funding.

Keep an eye on our website for booking details.



Upcoming At The Sanctuary

www.sanctuary.ie

Mon Sept 4th

Mindfulness Based Stress Reduction With Niamh Bruce

Many people completing the programme report lasting physical and psychological benefits including: an increased ability to relax and experience calm.

Price : €350 & runs 7-9:30pm. 8 wks

Thurs Sept 7th

Living in the Present With Sr Stan: A 3 Week Morning Course In Meditation

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.

Price : €45 & runs 10-11:30am

Fri Sept 8th

Six Week Mindful Yoga Day Time Class with Riana Walsh

Discover 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 & runs 10-11:20am

Sun Sept 10th

The Spirituality of Story With Brother Richard.

Look at some of the great archetypes found in story, myth and legend that when viewed contemplatively can tell us who we are and invite us to who we may become.

Price : €65 & runs 10-4pm

Mon Sept 11th

The Art Of Being Still With Sr Stan.

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.

Price : €95 & runs 7-8:30pm. 5 wks.



Tues Sept 12th

Mindful Yoga Tuesday Evening Class with Andrea Boudin

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 & starts at 6pm or 7:30pm

Thur Sept 14th

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

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.

Price : €65 & runs 7-9pm. 3 wks.

Tues Sept 19th

Mindfulness for Teachers: 1b Foundations With Dominic Cogan

This 8 week course is designed for teachers, staff, and parents who want to develop their own mindfulness practice and enhance their own wellbeing.

Price : €200 & runs 7-9pm

Fri Sept 22nd

A Mindful Approach to Eating With Orla Burchael & Shirley Roe

When you are more aware of your relationship with food, you have more choice, more possibilities about what is nourishing for you.

Price : €195 & runs 2-4pm. 6 wks

Fri Sept 22nd

Culture Night

Enjoy the peace and tranquility of our garden and join in a meditation practice

Price : Free & runs from 5-9pm

Sat Sept 23rd

Cultivating Compassion and Mindfulness With Sr Stan

Discover habits that are kinder, gentler, more compassionate and mindful, leading to a lifetime habit of mindfulness and compassion for self and others. As mindful eating is an integral part of this one day workshop, we will provide a light snack.

Price : €45 & runs 10-1:30pm

Weds Sept 27th

An Evening Mindful Self-Compassion (MSC) Course With Carolin Gramp

Learn core principles and practices which enable us to respond to difficult moments in our lives with kindness, care and understanding.

Price : €350 & runs 7-9:45pm. 8 wks

Thur Sept 28th

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

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.

Price : €135 & runs 10:30-12pm

Sun Oct 1st

A Day Of Franciscan Meditation

Join Brother Richard for a shared day of quiet reflection in your busy life.

Price : €65 & runs 10-4pm

Thur Oct 5th

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.

Price : €75.00 & runs 7-9pm. 6 wks

Sat Oct 14th

From Mindfulness to Heartfulness: A Two Day Silent Meditation Retreat With Marj6 Oosterhoff

The combination of mindfulness and loving kindness is a powerful way to develop clarity, contentment and compassion, in the quiet environment of retreat as well as in the midst of the chaos of our every-day lives.

Price : €135.00 14 and 15/10/2017 10-4 PM

Mon Oct 16th

5 steps to a Compassionate and Mindful Life with Sr. Stan

Reading and learning about mindfulness and compassion will be an important and integral part of that process as will practices that lead to a lifetime habit of mindfulness and compassion for self and others.

Price : €95.00 & runs 7-8:30pm. 5 wks

Sat Oct 21st

Exploring Mindfulness In A Creative Way

We live in a world that is a busy, demanding and often confusing giving us little time to stop and be with ourselves in the wonder of each new moment.

Price : €75 & runs 10-4pm

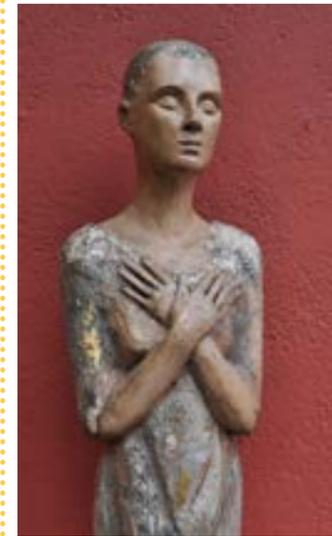


Fri Nov 3rd

Living in the Present With Sile Wall: A 3 Week Morning Course In Meditation

A three week introductory morning course to Mindfulness and Meditation that offers an invitation to go within and develop the art of meditation. You will have the opportunity to try different meditation/mindfulness practices. Designed especially for beginners.

Price : €45 & runs 10-11:30am



Sun Nov 5th

5 Rhythms Dance with Caitriona Ni Ghilloghadraig

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 & runs 10-4pm

Sat Nov 18th

Into Stillness Through Sound and Movement With Anna Fiona Keogh & Paula Higgins

Join two musical and dance therapists with years of experience to enrich your meditative practice through the wonders of sound and contemplative stillness.

Price : €65 & runs 10-4pm



Weds Nov 22nd

An Evening Public Talk With Mark Hederman in Smock Alley

Dom Mark Patrick Hederman, OSB is the former Abbot of Glenstal Abbey, County Limerick, Ireland. He is a Benedictine monk, teacher, lecturer and writer. Formerly headmaster of the school at Glenstal, he was later named academic dean. Come along for a night of shared wisdom.

Price : €30 & runs 7:30-9pm

Sat Dec 2nd

Reconnecting Our Mindfulness Practice With Fionnuala Gill

Mindfulness teacher Fionnuala Gill is delighted to offer this one day workshop of mindfulness practice, music and reflection as an opportunity for those who have an established mindfulness practice or have taken part in an eight-week mindfulness course to reconnect with practice in the company of others.

Price : €50 running from 10 - 4pm

Sat Dec 9th

The Power Of Now With John Doherty

This one day workshop is based on an exploration and experience of The Power of Now, the bestselling book by Eckhart Tolle.

Price : €65.00 running from 10-4pm

Sat Dec 16th

Mindfully Waiting For Christmas With Sr Stan

This is an invitation to take time out from the frantic Christmas preparations and spend a few hours in the beautiful and ambient surroundings of the Sanctuary. Festive mince pies and cream provided on the day.

Price : €40.00 running from 10-2pm



Join Us For A Mindful Half Day

These half days of reflection, meditation and mindfulness are led by an experienced facilitator, trained in 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.

As mindful eating is an integral part of the day, the Sanctuary will provide a light snack (tea and coffee, fruit and cheese). There is no need to bring lunch to share.

Usually running every first and last Saturday from 10am - 130pm. Please check www.sanctuary.ie for the list of dates and to book a place.