

# Chrysalis

August 2010 to March 2011

	Date	WORKSHOP	Facilitator	Fee	One day	Weekend	3 days or more	New
JUL	30 - Aug 2	<b>DISCOVERING YOUR TRUTH</b>	David Rude (USA)	€345			•	✿
AUGUST	8 - 13	<b>BREAKTHROUGH (formally Transforming Codependency)</b>	Book direct 086 8061135 Peter O'Sullivan				•	
	15 - 20	<b>VOICE WORKSHOP &amp; FELDENKRAIS</b>	Frankie Armstrong (UK)	€495			•	✿
	27 - 29	<b>PATH OF THE PEACEFUL WARRIOR</b>	Ann Maria Dunne	€295		•		✿
SEPTEMBER	10-17	<b>THE HOFFMAN PROCESS</b>	Book direct with Hoffman 01 820 4422				•	
	17 - 19	THE LAW OF ATTRACTION	Deirdre Ahern	€295	•			
	20 - 22	LEADING AND VISIONING	Dolores Cummins	€295	•			
	22	GIFT TO YOURSELF	The Chrysalis team	€120	•			
	23	EMOTIONAL FREEDOM TECHNIQUE	Aisling Killoran	€100	•			✿
	24 - 26	<b>EMOTIONAL HOMECOMING</b>	Teresa Fenton	€295		•		✿
	29	CELTIC KIRTAN: SONGS AND CHANTS	Br Stefan Andre Waligur	€100	•			✿
	30	DOWSING, SPACE CLEARING AND LAND HEALING	Joe Mullaly	€100	•			
OCTOBER	1 - 3	<b>A NEW EARTH - AWAKENING TO YOUR LIFE</b>	Timothy Sweeney	€295		•		
	6	HOW TO FIND LOVE	Emma Tamplin	€100	•			
	7	VEGETARIAN COOKERY	Jim Dempsey	€100	•			
	8 - 10	<b>ALEXANDER TECHNIQUE</b>	Richard Brennan	€295		•		
	13	TO DRINK FROM THE WELL: Turas an Chroí	Deirdre Ni Chinneide	€100	•			✿
	14	DISCOVER WHAT MAKES YOU TICK	Barry Ahern	€100	•			
	15 - 17	<b>ENERGY AWARENESS &amp; HEALING</b>	Erica McKinney	€295		•		✿
	20	YOGA & PRANAYAMA WORKSHOP	Teresa Murphy Moore	€100	•			✿
	21	SILENT MEDITATION	The Chrysalis team	€50	•			
	22 - 25	<b>MAKING ROOM FOR GOD WITHIN</b>	Monica Byrne	€345			•	
	27	SHAMANIC DAY OF TRANSFORMATION	Martin Robbins	€100	•			✿
	28	HOW TO MEDITATE!	Deirdre Ahern	€100	•			✿
	29 - 31	<b>VEGETARIAN COOKERY &amp; RELAXATION</b>	Jim Dempsey & Deirdre Ahern	€295		•		
NOVEMBER	3	GIFT TO YOURSELF	The Chrysalis team	€120	•			
	4	RELEASING THE TIES THAT BIND	Martina Maloney	€100	•			✿
	16 - 18	<b>DANCE YOUR WAY TO FREEDOM Embodiment – Ecstatic Dance and Movement Meditation</b>	David Mooney	€295		•		✿
	7 - 12	<b>BREAKTHROUGH (formally Transforming Codependency)</b>	Book direct 086 8061135 Peter O'Sullivan				•	
	12 - 14	<b>QUANTUM HEALING</b>	Julie Williams (USA)	€295		•		
	17	WORKING WITH DREAMS	James Kinane	€100	•			✿
	18	SILENT MEDITATION	The Chrysalis team	€50	•			

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NOVEMBER	19 - 21	<b>JOURNEY TO YOUR POWER WOMAN</b>	Sherrie Scott	€295		•		✿
	24	NUTRITION SUPPORT FOR WOMEN	Ashling Ward & Margot Kearney		•			✿
	25	INTRODUCTION TO FELDENKRAIS METHOD	Mark Keogh	€100			•	✿
	26 - 28	<b>WRITING FROM THE SOUL</b>	Bettina Peterseil	€295		•		
DECEMBER	3 - 10	<b>THE HOFFMAN PROCESS</b>	Book direct with Hoffman 01 820 4422				•	
	11	CHRISTMAS ANGEL DAY	Mildred Ryan	€100	•			
	12	GIFT TO YOURSELF	The Chrysalis team	€120	•			
	13	FESTIVE LUNCH & TOUR	The Chrysalis team	€120	•			
	14	A COURSE IN MIRACLES	Carmel Larkin	€100	•			
	15	SILENT MEDITATION	The Chrysalis team	€50	•			
	16	SILENT MEDITATION	The Chrysalis team	€50	•			
	JAN.	28 - 30	<b>LIFECOACHING FOR A FRESH START</b>	David Rude (USA)	€295		•	
FEBRUARY	2	UNLOCK THE POWER OF YOUR MIND	Eoin Scolard	€100	•			✿
	3	SILENT MEDITATION	The Chrysalis team	€50	•			
	4 - 6	<b>MINDFULNESS Cultivating the Art of Being Present</b>	Catherine Sutton	€295		•		✿
	9	GIFT TO YOURSELF	The Chrysalis team	€120	•			
	10	DOES EATING RULE YOUR LIFE	Suzanne Horgan	€100	•			
	11 - 13	<b>STYLE &amp; CONFIDENCE WEEKEND FOR WOMEN</b>	Maria Lynch	€295		•		✿
	16	FAMILY CONSTELLATION & EMOTIONAL INHERITANCE	Julie Williams	€100	•			
	17	VEGETARIAN COOKERY	Jim Dempsey	€100	•			
	18 - 20	<b>THE POWER OF NOW</b>	John Doherty	€100		•		
	20 - 25	<b>BREAKTHROUGH (formally Transforming Codependency)</b>	Book direct 086 8061135 Peter O'Sullivan				•	
25 - 27	<b>NON VIOLENT COMMUNICATION (NVC) &amp; FOCUSING</b>	Sinhaketu	€295		•			
MARCH	2	A DAY WITH THE ANGELS	Mildred Ryan	€100	•			
	3	SILENT MEDITATION	The Chrysalis team	€50	•			
	4 - 6	<b>TAI CHI CHUAN</b>	Imelda Maguire	€295		•		
	9	HEALING EARTH ESSENCES	Ursula Selwood	€100	•			✿
	11 - 18	<b>THE HOFFMAN PROCESS</b>	Book direct with Hoffman 01 820 4422				•	