

One Day Programme

September 2010 to March 2011

One days include vegetarian lunch & refreshments.

For full workshop description please visit www.chrysalis.ie
To book your place call 045 404713, email peace@chrysalis.ie
or book online via our website

Online booking
facility now
available at
www.chrysalis.ie

21
years
of service

GIFT TO YOURSELF

September 22, Wednesday, 10.30am-5.30pm

Our classic self-care day for quality time out. Includes Massage or shiatsu treatment plus reflexology & Indian head massage tasters and a gentle yoga class. Delicious lunch & afternoon tea provided with time to take in the beauty of nature, to relax and quite simply just be. €120

EMOTIONAL FREEDOM TECHNIQUE

September 23, Thursday, 10.30am-5.30pm

Learn this powerful, self-help tapping technique for balancing energy meridians & releasing thought patterns & beliefs that no longer serve you. Aisling Killoran, EFT trainer, hypnotherapist & psychotherapist €100

CELTIC KIRTAN: SONGS AND CHANTS

September 29, Wednesday, 10.30am-5.30pm

Participate in chants & songs based on traditional Celtic melodies. Through silence, stories & conversation we'll reflect on our common journey. No singing experience needed! Br Stefan Andre Waligur, contemplative, musician & retreat leader €100

DOWSING, SPACE CLEARING AND LAND HEALING

September 30, Thursday, 10.30am-5.30pm

A day exploring the principles of dowsing & how to use a pendulum/divining rods. Input on finding underground water streams; correcting geopathic stress & working with angels. Joe Mullaly, Diviner & land-healer €100

HOW TO FIND LOVE

October 6, Wednesday, 10.30am-5.30pm

Calling all single men & women looking to attract new love & great relationships. Includes input on springcleaning your belief system, body language, NLP confidence techniques. Emma Tamplin, Life Coach & NLP Practitioner €100

VEGETARIAN COOKERY

October 7, Thursday, 10.30am-5.30pm

A practical and delicious day to explore and taste easily prepared vegetarian recipes. Learn about a nutritionally balanced diet, find out about veggie ingredients and ask questions. Jim Dempsey, Vegetarian Chef/Tutor €100

TO DRINK FROM THE WELL: Turas an Chroí

October 13, Wednesday, 10.30am-5.30pm

Reconnect with your heart journey through the gentle power of simple movement, stillness, meditation, sound & creativity, inspired by the richness of our celtic heritage. Deirdre Ni Chinneide, Psychotherapist & voice worker trained with Chloé Goodchild €100

DISCOVER WHAT MAKES YOU TICK

October 14, Thursday, 10.30am-5.30pm

The Enneagram reveals how others think & act differently to you. Learn the varied ways people communicate with each other & how it can provide the key for developing good communication & relational skills. Barry Ahern, an EPTP certified Enneagram facilitator €100

YOGA & PRANAYAMA WORKSHOP

October 20, Wednesday (10.30am-5.30pm)

Learn a sequence of movements & breathwork which you can incorporate as a daily practise. Teresa Murphy Moore, experienced Yoga teacher €100

SILENT MEDITATION

October 21, Thursday, 10.30am-4.30pm

Take a day out of your busy life to rest in silence with walking/sitting meditation & guided mindfulness practises. The Chrysalis team €50

SHAMANIC DAY OF TRANSFORMATION

October 27, Wednesday, 10.30am-5.30pm

This introduction to Shamanism will include meditation, movement, guided visualisation and the classic Shamanic Journey to meet your own spirit allies. Martin Robbins, Shamanic practitioner and Chrysalis catering manager €100

HOW TO MEDITATE!

October 28, Thursday, 10.30am-5.30pm

Practical, easy approaches to learning how to still the mind, relax the body. Includes focussing practises to help ground you in the 'here and now'. Deirdre Ahern, Yoga & Meditation Tutor & Life Coach €100

GIFT TO YOURSELF

November 3, Wednesday, 10.30am-5.30pm

Freshen your energy levels up with our popular self-nurturing day at Chrysalis. See September 22 for full details. €120

RELEASING THE TIES THAT BIND

November 4, Thursday, 10.30am-5.30pm

Based on the work of Phyllis Krystal in releasing ties from family, culture & childhood. Includes practical tools, visualisations & exercises. Martina Maloney, certified Phyllis Krystal trainer & AT teacher €100

WORKING WITH DREAMS

November 17, Wednesday, 10.30am-5.30pm

Techniques to discover questions your dream is asking, the psychology of dreams, how to keep a dream journal & how to create an encouraging environment for dreams. James Kinane, group facilitator & Dream interpreter €100

SILENT MEDITATION

November 18, Thursday, 10.30am-4.30pm

In need of a quiet day for reflection? Come & join us for a day of walking/sitting meditation & mindfulness practises. The Chrysalis team €50

NUTRITION SUPPORT FOR WOMEN

November 24, Wednesday, 10.30am-5.30pm

Gain insight into how to relieve symptoms & support your body back to good health for conditions like osteoporosis, PMS, endometriosis, menopause, sub fertility, ovarian cysts & much more. Ashling Ward & Margot Kearney, joint founders of the Nutrition Clinic

INTRODUCTION TO FELDENKRAIS METHOD

November 25, Thursday, 10.30am-5.30pm

A system of gentle movement & directed attention to help improve flexibility, coordination, increase ease & range of motion and promote deeper body & self-awareness. Learn new patterns of movement that will really make a difference to how you feel, physically, mentally & emotionally. Mark Keogh, Feldenkrais Tutor €100

CHRISTMAS ANGEL DAY

December 11, Saturday, 10.30am-5.30pm

Time out to connect with the special qualities of Christmas - joy, compassion, love and sharing. Includes guided meditations, exercises and Angel cards. Mildred Ryan, qualified Angel & Ascension teacher & teacher trainer with Diana Cooper School €100

GIFT TO YOURSELF

December 12, Sunday, 10.30am-5.30pm

A day of pampering to ease the stresses of the season See September 22 for full details. €120

FESTIVE LUNCH & TOUR

December 13, Monday, 12 noon-3pm

Our annual pre-Christmas relaxed social gathering includes optional tour of the complex, a tasty festive vegetarian lunch, walking our willow labyrinth, time to sit around/chat & a browse in our Craft Shop for last minute gifts. The Chrysalis team €20

A COURSE IN MIRACLES

December 14, Tuesday, 10.30am-5.30pm

This modern spiritual classic encourages an awareness of love's presence in self & others. Suitable for anyone interested in the Course & includes information on its origins, its central teachings & meditations. Carmel Larkin, longterm practising student of the Course €100

SILENT MEDITATIONS

December 15, Wednesday, 10.30am-4.30pm

December 16, Thursday, 10.30am-4.30pm

Days of stillness in this busy season to reconnect with what is meaningful. The Chrysalis team €50

UNLOCK THE POWER OF YOUR MIND

February 2, Wednesday, 10.30am-5.30pm

Learn how to overcome self-doubt & discover the potential of thinking positively. Techniques for enhancing self-esteem and self-belief. Eoin Scolard, motivational speaker & group facilitator, founder of The Irish School of Life €100

 = new workshop

One Day Programme (Continued)

SILENT MEDITATION

February 3, Thursday, 10.30am-4.30pm

Quietness, reflection and guided mindfulness practices. *The Chrysalis team* €50

GIFT TO YOURSELF

February 9, Wednesday, 10.30am-5.30pm

The one you've been waiting for! A day of pampering and destressing. See September 22 for full details. €120

DOES EATING RULE YOUR LIFE

February 10, Thursday, 10.30am-5.30pm

Explore what eating disorders are, defence strategies they mask, possible causes, treatments available & how to create a more relaxed, healthier relationship with yourself and food. *Suzanne Horgan, Psychotherapist, Principal of Eating Disorder Resource Centre Ireland & Certified Trainer* €100

FAMILY CONSTELLATION & EMOTIONAL INHERITANCE

February 16, Wednesday, 10.30am-5.30pm

A process in group format where the facilitator works with an issue by setting up representatives for the family entanglements & working with the dynamics that show up. *Julie Williams (USA Holistic Therapist & Family Constellation Facilitator)* €100

VEGETARIAN COOKERY

February 17, Thursday, 10.30am-5.30pm

See October 7 for full details. *Jim Dempsey, Vegetarian Chef/Tutor* €100

A DAY WITH THE ANGELS

March 2, Wednesday, 10.30am-5.30pm

A day of joy and relaxation, with guided meditations, exercises & Angel cards. *Mildred Ryan, Angel & Ascension teacher & teacher trainer with Diana Cooper School* €100

SILENT MEDITATION

March 3, Thursday, 10.30am-5.30pm

Enjoy the gift of silence & gently recharge your internal batteries. *The Chrysalis team* €50

HEALING EARTH ESSENCES



March 9, Wednesday, 10.30am-4.30pm

Learn about the gentle, sensitising gifts of Irish flower essences. Practical input on using essences, foraging in the Chrysalis garden for materials and teachings on how essences can inspire your creative spark. *Ursula Selwood, intuitive herbalist & founder of Earth Love Essences* €100

= new workshop

Residential Programme

August 2010 to March 2011

Residentials include accommodation, refreshments and all meals.

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21
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DISCOVERING YOUR TRUTH



July 30-August 2 (Friday 7pm to Bank Hol Mon 2pm)

A welcome return for David Rude, lifecoach from the States whose first Chrysalis workshop in January this year was a sell-out. This three day intensive journey of positive self discovery focuses on identifying your core beliefs. Recognise how they actually limit you and then learn to develop your truths by being honest with your feelings, needs and concerns...so regaining a positive sense of self and joy in living your life. A mixture of lecture, discussion, reflection, activities and writing as well as input and exercises on awareness and acceptance. All supporting you taking action for moving your life and relationships (personal and/or professional) to the next level. What are you waiting for? *David Rude (USA), Professional Coach, motivational speaker, writer and teacher* €345

BREAKTHROUGH

five day book direct
(formally Transforming Co-dependency)

August 8-13 (Sunday 7pm to Friday 3pm)

A dynamic, experiential five day therapy workshop to process and break through limiting patterns/beliefs, empowering you to move on. Open to anyone who wants to explore getting more out of life. We use group dynamics, psychodrama & co-dependency concepts to restore self esteem, move from depression to acceptance, anxiety to calm, anger to assertion, shame to grace & increase your experience of choice & spontaneity. This workshop of hope, renewal & healing supports you in expressing core emotions, developing insight & fostering a more vibrant sense of integrity and autonomy. You leave with a continuing care plan and a map for recovery. Carefully structured to give safety, support and acceptance... allowing expression of your authentic self. Bookings, enquiries & requests for application forms to petercoda@eircom.net or telephone 086 8061135. Led by *Peter O'Sullivan, group facilitator & psychotherapist specialising in the healing of family trauma & relationships.*

= new workshop

= five day workshop

VOICE WORKSHOP & FELDENKRAIS



August 15-20 (Sunday 7pm to Friday 2pm) five day

A rich combination of voice and bodywork blend to offer supportive, easy-going & playful experience learning about the essential relationship between body, breath & voice. Through the practise of Feldenkrais, discover how to use your body in ways that are easier, freer and more effective both in everyday activities, in sports, after injuries, dance, theatre and vocal expression. Learn how this combination of relaxation & flexibility is an idea preparation for vocal release and expression. Explore sounds, play with melody and find your own unique vocal expression. The workshop includes warm-ups for voice/body, chants from different parts of the world, improvisation exercises, songs & harmonies in a light-hearted, non-judgmental space, all designed to promote relaxation & freeing of the voice & body. Tap into the joy, strength, energy and upliftment of singing with others! No prior experience needed. *Frankie Armstrong (UK) a pioneer voice workshop leader since 1975, professional singer & voice teacher & Darien Pritchard, Feldenkrais Teacher & Body worker of over 25 years experience* €495

LEADING AND VISIONING

August 20-22 (Friday 7pm to Sunday 4pm) weekend

An experiential workshop based on powerful interactive learning processes to enable you to develop leadership skills and create an inspiring future. Explore the attributes of successful leaders; challenge your belief systems; understand core values (how they motivate or inhibit your progress) and develop your vision to create a more significant and empowered future. A weekend to uncover your own leadership potential, develop self awareness and emotional intelligence to increase success in both your personal and professional life. *Dolores Cummins, coach, mentor, therapist & educator* €295

PATH OF THE PEACEFUL WARRIOR



August 27-29 (Friday 7pm to Sunday 4pm) weekend

Join the founder of Chrysalis, Ann Maria Dunne, for a special weekend of mindfulness, silence and reflection. An opportunity to reconnect with the original vision of our centre and experience the powerful nurturing of time out, inner journeying and the wonder of nature. Includes periods of sitting/walking meditation, inspirational readings and mindfulness exercises...all blessed with silence. *Ann Maria Dunne, experienced meditation practitioner, mindfulness teacher, psychotherapist* €295



Residential Programme (Continued)

THE HOFFMAN PROCESS *book direct*

September 10–17 (Friday 10am to Friday 3pm)

An eight day intensive to resolve issues around self-esteem, relationships & other core areas of life. Established in 14 countries, this experiential workshop led by a group of internationally trained facilitators has been recommended by Patrick Holford, author of the Optimum Nutrition Bible: "The Hoffman Process is the equivalent of a psychological detox. This kind of inner work is essential for true health and happiness". For a selection of national press articles/research visit www.hoffmanireland.com. Contact Hoffman Institute for bookings/information: email hoffman@hoffmanireland.com or phone 01 820 4422

THE LAW OF ATTRACTION *weekend*

September 17–19 (Friday 7pm to Sunday 4pm)

A great opportunity to immerse yourself in the uplifting, cutting edge teachings of Abraham and the work of Esther & Gerry Hicks. Discover what true self-empowerment is by exploring the tools you have at your disposal to create the experiences you've always wanted. Learn how your thoughts really do create your reality and the importance of understanding how Law of Attraction works and the part it plays in helping you find purpose & joy in your life. A very practical, grounded formula for living a happier life! *Deirdre Ahern, Life Coach & experienced Group Facilitator*

EMOTIONAL HOMECOMING *weekend*

September 24–26 (Friday 7pm to Sunday 4pm)

A therapy weekend influenced by John Bradshaw's wonderful book 'Homecoming' to assist you acknowledge, explore & heal the wounds that can contaminate our adult lives & hinder the flowering of joy and success. By releasing unconscious patterns we allow inner freedom to emerge from layers of conditioning. This will be a safe, nurturing and supportive oasis where you will grow in courage and effect positive changes in your life. Includes processes to nourish your inner child, group work, music for emotional release and visualisation. *Teresa Fenton, counselling psychologist & experienced group facilitator* €295

A NEW EARTH - AWAKENING TO YOUR LIFE *weekend*

October 1–3 (Friday 7pm to Sunday 4pm)

In this mostly experiential workshop we will explore the accessible and profound teachings of Eckhart Tolle. We will spend the weekend weaving awareness & meditation practice with periods of exploring & expanding our insights gleaned from the book A New Earth. The overall theme of the weekend is how to find freedom and peace by opening and surrendering to the present, embracing the range of experience both painful and joyful which is the door into awakening. The workshop is specifically designed for those who have been touched by the book and who wish to become free of the deeply conditioned patterns that, when released, can help heal ourselves, our planet and all who inhabit it. Some of the weekend will be spent in silence & meditation instruction will be given. *Timothy Sweeney has 30 years experience of meditation practice and has spent more than 2 ½ years in silent meditation retreats. He is co-founder of Kalyana Centre for Mindfulness on the Dingle Peninsula* €295

ALEXANDER TECHNIQUE *weekend*

October 8–10 (Friday 7pm to Sunday 4pm)

Invest in a weekend learning a natural technique for improving balance, posture, core ordination and ease of movement. The Alexander Technique is a method of self awareness on many levels. When we bring awareness to ourselves, we find ways of moving with greater ease and lightness, thus dealing with everyday life situations more efficiently and without physical pain and stress. A practical, experiential workshop that can really turn your life around. *Richard Brennan, author of four books & director of the first Alexander Technique training in Ireland* €295

ENERGY AWARENESS & HEALING *weekend*

October 15–17 (Friday 7pm to Sunday 4pm)

We all have a natural healing ability and can bring about healing in ourselves and others with simple energetic touch. On this workshop you will get in touch you're your own healing ability and gain confidence to use it with yourself, family and friends. You will learn how to increase your psychic awareness of energy/energy blocks and basic energy healing techniques including simple techniques to reduce physical and emotional pain in yourself and others and to stimulate the bodies own natural healing ability. *Erica McKinney is a Barbara Brennan trained healer and energy worker and a quantum touch practitioner* €295

MAKING ROOM FOR GOD WITHIN

Bank Holiday weekend

October 22–25 (Friday 7pm to Monday 4pm)

A long weekend of silence at this important time of the year, reaching for the still point where God and I connect. A time to open to our potential and enable us to live with more dignity and meaning. By listening in the stillness with our thoughts and our breath (through meditation and body exercises), we allow our spiritual dimension to blossom. Includes talks, time for questions and plenty of space for this precious inner process. *Monica Byrne, spiritual counsellor & bodywork therapist* €345

VEGETARIAN COOKERY & RELAXATION *weekend*

October 29–31 (Friday 7pm to Sunday 4pm)

True nourishment from the inside out and the outside in are offered with this tastily restful health & wellbeing treat. You'll be savouring & learning about vegetarian cookery with demonstrations, recipes & plentiful tastings of savoury/sweet dishes. Includes input on meeting your daily nutritional needs, wheat/dairy free options, raising your energy levels through diet & using seasonal produce. Plus you'll be benefiting from facilitated sessions on guided relaxation, gentle movement & exploration of self/life management (with emphasis on self-care). Plenty of time for questions, fresh air, fun & camaraderie. *Jim Dempsey, experienced vegetarian chef/wholefoods tutor & Deirdre Ahern, Life coach, yoga/relaxation tutor & experienced Group Facilitator* €295

DANCE YOUR WAY TO FREEDOM

Embodiment – Ecstatic Dance and Movement Meditation *weekend*

November 5–7 (Friday 7pm to Monday 4pm)

The theme of the workshop is 'working with intentions'. Awakening ourselves into presence, in the space we are, in our own two feet we will spend time together connecting, moving and dancing. From this fertile ground we will take time to shine the light of our attention on the seeds of potential growth within our hearts, our minds and our souls. We will move, breathe and express, communicating to ourselves, each other and our highest supports, our intentions and hearts desires. This is a chance to take stock, nourish ourselves, and re-align with your goals, plans and deepest wishes. The workshop is open to all who have a desire to dance and move. There are no steps to learn, just a full encouragement of each persons particular dance and an invitation to be present. *David Mooney, Psychotherapist, dancer, experienced group facilitator and founder of Embodiment ecstatic dance and Funky Seomra* €295

BREAKTHROUGH *book direct*

(formerly Transforming Co-dependency)

November 7–12 (Sunday 7pm to Friday 3pm) *five day*

A dynamic, experiential five day therapy workshop to process and break through limiting patterns/beliefs, empowering you to move on. See August 8–13 for full details. Bookings, enquiries & requests for application forms to petercoda@eircom.net or telephone 086 8061135. *Led by Peter O'Sullivan, experienced group facilitator & psychotherapist specialising in the healing of family trauma & relationships.*

QUANTUM HEALING *weekend*

November 12–14 (Friday 7pm to Sunday 4pm)

Experience the powerfully transformative future of new medicine – Quantum Healing. Based on the science of quantum physics & the experiences of subtle energies, this new paradigm makes it possible to facilitate change at the speed of thought. Your imagination is the limit as we explore & access states of awareness that affect change on holographic levels including physical, emotional, mental & spiritual. Learn skills that can be used to heal & create new possibilities that affect change connected to past traumas, injuries, illness & emotional patterns. This interactive workshop includes the basic principles behind quantum healing; learning new skills to access the field of change & time for demonstrations, practice and questions. *Julie Williams (USA), holistic therapist & Quantum Healing trainer* €295

JOURNEY TO YOUR POWER WOMAN *weekend*

November 19 – 21 (Friday 7pm to Sunday 4pm)

An edgy, juicy, dynamic adventure weaving creativity, awareness & ceremony offering space to reflect on what seeds you'd like to nourish in the coming year as we honour the month of Samhain. This tapestry of story, song & movement includes practical input on maintaining boundaries, chakras, effective use of colours, listening skills, letting go, honouring your gifts & breaking through old patterns that no longer serve you. A sacred, playful journey of spontaneity & imagination as you share from the heart, make new friends & welcome inspiration to authentically guide you onward. Time for an empowerment booster? *Sherrie Scott, energy practitioner, experienced group facilitator & costume designer* €295

WRITING FROM THE SOUL *weekend*

26–28th November (Friday 7pm to Sunday 4pm)

"It doesn't interest me who you know or how you came to be here, I want to know if you will stand in the centre of the fire with me and not shrink back" these lines from Oriah Mountain Dreamer's poem 'The Invitation' inspire an inward journey to connect with the sometimes neglected voice of your soul and give it expression through writing. With the help and inspiration of the group itself, reflective silences, the beautiful environment in which find ourselves, nature, our diving into poetry, colour, sound and gentle movement, together we'll create a safe space to support and call forth your authentic expressive voice. A fine opportunity to give yourself permission to attentively listen within as well as allow deeply listening to others. No previous writing experience is needed. *Bettina Peterseil, writer and teacher* €295

 = new workshop

 = five day workshop

Residential Programme (Continued)

THE HOFFMAN PROCESS *book direct*

December 3-10 (Friday 10am to Friday 3pm)

An eight day intensive to resolve issues around self-esteem, relationships & other core areas of life. Established in 14 countries, this experiential workshop led by a group of internationally trained facilitators has been recommended by Oliver James, clinical psychologist & author of 'Affluenza': "The Hoffman Process is the most systematic method I know for properly exploring the role of childhood as well as offering a motorway back from the past". For a selection of national press articles/research, visit www.hoffmanireland.com for further details. For information and bookings contact the Hoffman Institute email hoffman@hoffmanireland.com or phone 01 8204422

LIFECOACHING FOR A FRESH START

January 28-30 (Friday 7pm to Sunday 4pm) *weekend*

An intensive journey of positive self discovery, delving to the core of who you are, were & want to be. A welcome return for David from California where he has over 25 years experience as an inspirational professional coach. A mixture of lecture, discussion, activities & writing draws out your inner wisdom & offers a kick-start to personal and spiritual growth. Includes dealing with past transitions/changes, unpacking hopes & dreams & reflecting on what holds you back...all supporting you to take charge of living your life with focus, purpose & joy. How about starting 2011 with this empowering gift of uncovering & rediscovering the wealth of creativity, strength & talent already inside of you? *David Rude (USA), Professional Coach, motivational speaker, writer and teacher €295*

MINDFULNESS

Cultivating the Art of Being Present *weekend* 

February 4-6 (Friday 7pm to Sunday 4pm)

Mindfulness allows us to move from a habitual and reactive way of living to a more conscious way of being in the world. With greater awareness of what we are doing, saying and thinking, we can see what it is that creates discontent and suffering in our lives and what it is that encourages ease and contentment. With greater mindfulness we can start to undermine the unskilful habits and cultivate those that support our well being and happiness, leading us from judgement and reactivity to more compassion for ourselves and those around us. The weekend will be experiential enveloping you in Mindfulness from beginning to end. *Catherine Sutton, Mindfulness & Meditation teacher MBSR, MBCT & Insight Dialogue facilitator €295*

STYLE & CONFIDENCE WEEKEND FOR WOMEN *weekend* 

February 11-13 (Friday 7pm to Sunday 4pm)


Do you wish to improve your confidence & self esteem? Have you lost touch with your body shape & how to make the most of your personal attributes? This practical, workshop is a Spring tonic of energy & motivation for women of all ages who wish to look & feel good about themselves. Includes confidence/self esteem building techniques, basic style rules, relaxation sessions, making the most of your body shape input, practical wardrobe tips, individual & group interactive exercises, movement meditation, outfit inspections & quite a bit of fun. Step this way for an energising boost. *Maria Lynch, Life and Confidence Coach, Image Consultant, NLP Practitioner €295*

THE POWER OF NOW *weekend*

February 18-20 (Friday 7pm to Sunday 4pm)

A weekend exploration & experience of all of Eckhart Tolle's teachings. Authentic human power is found by surrendering to the Now – it is here we find our joy, are able to embrace our Authentic Selves and discover that we are already complete & whole. Includes powerful, effective practices for inner peace; meditation; group reflections, role-play and silence, all sowing the seeds for radical internal transformation & harmony. John is particularly skilful at making Eckhart's work accessible, easy to understand and practical. *John Doherty, Reflective Supervisor, Spiritual Director, Educator €295*

BREAKTHROUGH *book direct*

 February 20-25 (Sunday 7pm to Friday 3pm) *five day*

A dynamic, experiential five day therapy workshop to process and break through limiting patterns/beliefs, empowering you to move on. Bookings, enquiries & requests for application forms to petercoda@eircom.net or telephone 086 8061135. Led by Peter O'Sullivan, experienced group facilitator & psychotherapist specialising in the healing of family trauma & relationships. See August 8-13 for full details

NON VIOLENT COMMUNICATION (NVC) & FOCUSING

weekend

February 25-27 (Friday 7pm to Sunday 4pm)

A weekend to explore new ways of resolving conflict, connecting compassionately and enriching your relationships. This supportive workshop/retreat combines learning the basics of NVC (communication tools to deepen connections, enhance empathy & effectively work through conflict) with experiencing Focusing (based on Eugene Gendler's profoundly subtle process of connecting to your core being or "felt sense" with sensitivity & care). Includes identifying/expressing feelings & needs, mediation exercises & role playing. A combination of practical skills & awareness development that can make a real contribution to your communication, emotional intelligence & wellbeing. *Sinhaketu, NVC trainer, Focuser, meditation teacher & leadership consultant €295*

TAI CHI CHUAN *weekend*

March 4-6 (Friday 7pm to Sunday 4pm)

A weekend of relaxation & fun. For beginners the opportunity to learn the principles and basic movements of the Tai Chi form. For those who practice, you can deepen your knowledge and explore different applications. The practice of Tai Chi Chuan promotes a physical and mental flexibility, encouraging the body to move in a way nature designed and teaching us to respond to the needs of the moment with grace, sensitivity and ease. It relieves stress and is suitable for all ages, strengths & levels of experience. Includes time in nature & Tai Chi outdoors. *Imelda Maguire, black belt martial arts instructor and world Tai Chi Chuan Champion €295*

THE HOFFMAN PROCESS *book direct*

March 11-18 (Friday 10am to Friday 3pm)

An eight day intensive to resolve issues around self-esteem, relationships and other core areas of life. Established in 14 countries, this experiential workshop led by a group of internationally trained facilitators has been recommended "without reservation" by author John Bradshaw. For a selection of national press articles/research, visit www.hoffmanireland.com for further details. For information and bookings contact the Hoffman Institute email hoffman@hoffmanireland.com or phone 01 8204422

DANCING THE RAINBOW *weekend*

March 18-20 (Friday 7pm to Sunday 4pm)

A special opportunity to dance with Lani O'Hanlon, co-creator and author of Dancing the Rainbow. This is a weekend of intuitive dance/movement, voice-work, creative writing, colour and light therapy. You will explore the power of organic movement to heal, create replenish and energise. Deepen your ability to work with your own creativity and the sabateur within. Discover how the chakra system is operating in your body and your life. Use voice work and colour therapy to clear and calm the body-mind. Deepen and energise your voice using gentle breathing and body work. *Lani O'Hanlon, co-creator & Director of Dancing the Rainbow who has been facilitating groups to create/dance/sing for 25 years €295*

 = new workshop

 = five day workshop