

## SET YOUR VOICE FREE WEEKEND RESIDENTIAL

AUGUST 18-20, 2017



Find the courage to authentically be who you are. Through deep exploration of where sound, breath, and our passion comes from, together with the tools of Alexander Technique and Freeing the Natural Voice, you will be invited to find your voice while freeing movement and breath in the body. Discover how to use that part deep within that has been hiding as a foundation for creative impulse. By learning how to “vibrate” sound, the sound begins to move through us, it begins to sing us. The tools and techniques in this workshop will shine a light into blind spots within the body and soul to help you open up and meet yourself in amore meaningful way. You will leave this workshop with new inspiration, with tools of how to practice and play the instrument of your being.

**Facilitator Deborah Weitzman**

## FAMILY CONSTELLATION : ANCESTRAL HEALING WEEKEND RESIDENTIAL

OCTOBER 20-22, 2017



This deeply healing workshop explores and uncovers how the limitations we experience with our health, finances and success in life may be inherited from the lives of our ancestors. Unconscious entanglements can develop between family members and ancestors in an effort to heal and restore balance and a flow of love to the family soul. Based on the work of Bert Hellinger, the process happens in a group format where the facilitator works with an issue by setting up representatives for the family entanglements and working with the dynamics that show up. The workshop is designed to serve individuals desiring to seek resolutions of persistent life issues, as well as therapists seeking to discover new ways of working with clients. Everyone who participates (and their families) stands to benefit from the work. **Facilitator: Julie Williams**

## YOGA AND HILL WALKING WEEKEND RESIDENTIAL

September 29 – October 1, 2017



Unplug and join us for a weekend retreat in the beautiful Glenmalure Valley full of Yoga, Meditation and Hill Walking. The weekend will be a sample of gentle yoga practices, to relax and restore the body and soul. We will quiet the mind to allow you to connect more deeply with your true nature of being. Then we will bring the indoor practice outdoors, on a guided or on your own hill walking in the Glenmalure Valley along the Wicklow Way. We start the day with gentle yoga and pranayama practices to awaken the body and prepare for afternoon hillwalking. The evening will be a choice of meditation, conscious film viewing or rest. The hillwalking will be guided and non-guided (maps available inviting you to connect connect with nature to commune with the natural elements. All levels welcome! This will be a restful and rejuvenating experience.

## MINDFULNESS WEEKEND RESIDENTIAL

October 13-15, 2017



Mindfulness is the art of paying attention and engaging with our lives in meaningful, compassionate and non-judgmental ways. Its practice and training develops our innate capacity to find peace and contentment in a busy, ever changing world. It teaches how to pay attention, be more present and respond rather than react to life. Discover techniques that will help you find greater focus, efficiency and precision in what you do. When your attention is steady, your mind is also. Learn effective relaxation and meditative practices that will support your ability to be more present, more awake. Some of the benefits of these simple practices help bring about deeper connection with others, increased enjoyment in the wonder and richness of life and a renewed openness to the spiritual dimension of life. Learn how mindfulness helps us become more aware that kindness, empathy and joy are available within our own being.

**Facilitator: Dr. Paula Martin**