

FAMILY CONSTELLATION : ANCESTRAL HEALING WEEKEND RESIDENTIAL WORKSHOP

JULY 15 – 17, 2016



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**

SET YOUR VOICE FREE WEEKEND RESIDENTIAL

AUGUST 12-14, 2016



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

MINDFULNESS AND LOVING KINDNESS WEEKEND RESIDENTIAL WORKSHOP

October 7-9, 2016



Meditation is a journey of bringing the mind into the heart. In this silent retreat we will practise mindfulness as well as loving kindness/ compassion. Cultivating mindfulness has a profound effect on our day to day lives, as it helps to realise a sense of calm and stability within ourselves and in our relationships with others. The practice of loving kindness develops our capacity for kindness and non-contentiousness. The combination of mindfulness and loving kindness is a powerful way to learn to see deeply, open our hearts more fully, and act with clarity and compassion, in the quiet environment of the retreat as well as in the midst of our every-day lives. We reconnect with our inner sources of kindness and wakefulness.

Facilitator: Marjo Oosterhoff

YOGA AND HILL WALKING WEEKEND RESIDENTIAL WORKSHOP

November 11-13, 2016



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 3 kinds 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 will practice Yin Yoga, Slow Flow Vinyasa and Traditional Ayurvedic Yoga throughout the weekend. We will bring this connection with ourselves into nature to Connecting with nature to commune with the natural elements. All levels welcome! This will be a restful and rejuvenating experience.