

SOUL TRUTH DISCOVERY & INTUITIVE DEVELOPMENT WEEKEND RESIDENTIAL

May 19-21, 2017



Through the tools and insights of Astrology, Tarot, Numerology, and Embodiment Practices you will be guided to discover the deeper aspects that make up who you are. You will discover your soul's truth, to help guide you in discovering and aligning with your life's purpose, your inner truth and innate wisdom. Each participant will have personal readings on your own birth chart, personal archetypes with Tarot and your unique numerology cycles as you learn how these esoteric aspects mirror your inner truth and are guideposts on your soul's journey in human form on earth. You will also learn the ideas and concepts involved in reading birth charts, tarot and numerology. Through embodiment practices you learn to align yourself more fully with these aspects so that your intuition, or inner voice of wisdom may flow more freely into your conscious awareness.

Facilitator: Christine Danielle Vireling

MINDFULNESS AND LOVING KINDNESS SILENT WEEKEND RESIDENTIAL RETREAT

June 30 – July 2, 2017

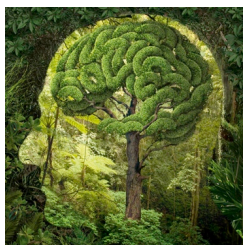


Meditation is a journey of bringing the mind into the heart. In this SILENT retreat we will practise mindfulness as well as loving kindness/compassion. Cultivating mindfulness has a profound effect on our day to day lives, as it helps to realise a sense of calm and stability within ourselves and in our 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

NATURE HEALING & MEDITATION WEEKEND RESIDENTIAL

June 16 - 18, 2017



Through mindfulness & guided meditation practices, deep relaxation sessions, and personal process facilitation, combined with a deeper understanding of the cycles of nature, you will be guided on a journey of self-discovery of the innate wisdom of nature both within and outside the self. When we connect with Nature's cycles with awareness, the natural cycles within our own experience awaken and deepen, and our soul-directed impulse towards growth can be grounded and integrated into daily life. This allows for life experiences to take on new meanings allow you tap into the strength and support of nature through difficult times, instead of feeling weak, disempowered or broken. You will learn tools and practices that can be applied to daily life, relationships and circumstances outside the workshop to allow you to awaken our soul's innate connection with deeper joy, creativity and wellbeing.

Facilitator: Pauline Emerson

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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

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YOGA AND HILL WALKING WEEKEND RESIDENTIAL September 29 – October 1, 2017



Unplug and join us for a weekend retreat in the beautiful Glenmalur 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 Glenmalur 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.

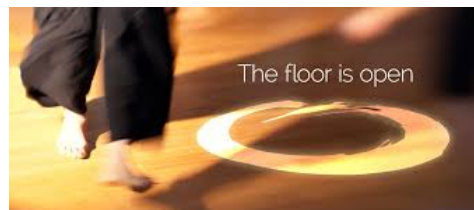
Facilitator: Dr. Paula Martin

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**

OPEN FLOOR MOVEMENT WEEKEND RESIDENTIAL NOVEMBER 17-19, 2017



Human beings are born to move. With movement, we thrive - physically, mentally, emotionally and spiritually. Open Floor is a lively meditation practice that builds muscular and emotional intelligence. It is a dance floor discovery zone where we move and include: good days and tough ones, passion, hesitance, joy, sorrow, births, deaths and everything in between. There are no steps to learn and no way to do it wrong. Our teachers mix stirring music with clear guidance to inspire wild dances and tender ones, connections between dancers and solo time. Research shows that people who dance grow more flexible, confident, capable of intimacy and nimble in the face of change. When we move together, we grow communities that care for each other on and off the dance floor. The invitation is to come just as you are and join others doing the same right alongside you. **Facilitator Liz Gleeson**