

FAMILY CONSTELLATION : ANCESTRAL HEALING WEEKEND RESIDENTIAL

June 22-24, 2018



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**

LOVING-KINDNESS & COMPASSION WEEKEND RESIDENTIAL

July 20 -22, 2018



Join us for a whole-hearted weekend with a unique combination of the practices of Loving-Kindness, Compassion and Mindfulness. Loving-Kindness is unconditional, inclusive love, without conditions, expectations or restrictions. Mindfulness Meditation assists in the journey of bringing the mind into the heart. Through silent, guided, group and individual meditation and visualisation practices you will be supported to release old barriers of self love and unhealthy relationships so that you may welcome in self love for self, then others who are special to you and ultimately all living beings. The weekend will invite you to open your heart more fully, to heal old wounds, revise old patterns, and fill your being with love, compassion and kindness and build healthy relationships with everything in your life. **Facilitator: Marjo Oosterhoff**

MINDFULNESS WEEKEND RESIDENTIAL

July 13-15, 2018



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

THE YOGA OF VOCAL SOUND

August 3 – 5, 2018



Our essential blissful nature is vibration as expressed through pure consciousness, heart-centred love and by the harmonious sounds of the human voice. The greatest use of the voice is to re-tune ourselves in body, mind and above all, spirit. This weekend will include vocal toning practices, from the East and West, to transform the chakras and encourage rootedness, creative flow, empowerment, compassion, communication, intuition and connection to the divine. The toning practices clear and balance any disturbances that are underlying causes for physical and emotional issues. Simple Tai Chi like movements will be used to complement and direct the sound work. An introduction to tuning forks will also be used to enhance the vibrational healing techniques. There will also be time for meditation and contemplation to integrate the sound healing practices. The weekend will transform the limited self into a self that can access the fullest expression of life. **Facilitator: James D'Angelo**

**SET YOUR VOICE FREE
WEEKEND RESIDENTIAL
AUGUST 17-19, 2018**



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 19-21, 2018**



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 21-23, 2018**



Unplug and join us for a weekend retreat in the beautiful Glenmalure Valley full of Yoga, Meditation and Hill Walking. The weekend will include a gentle Ayurvedic Meditative Yoga Practice suitable for all levels. 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.