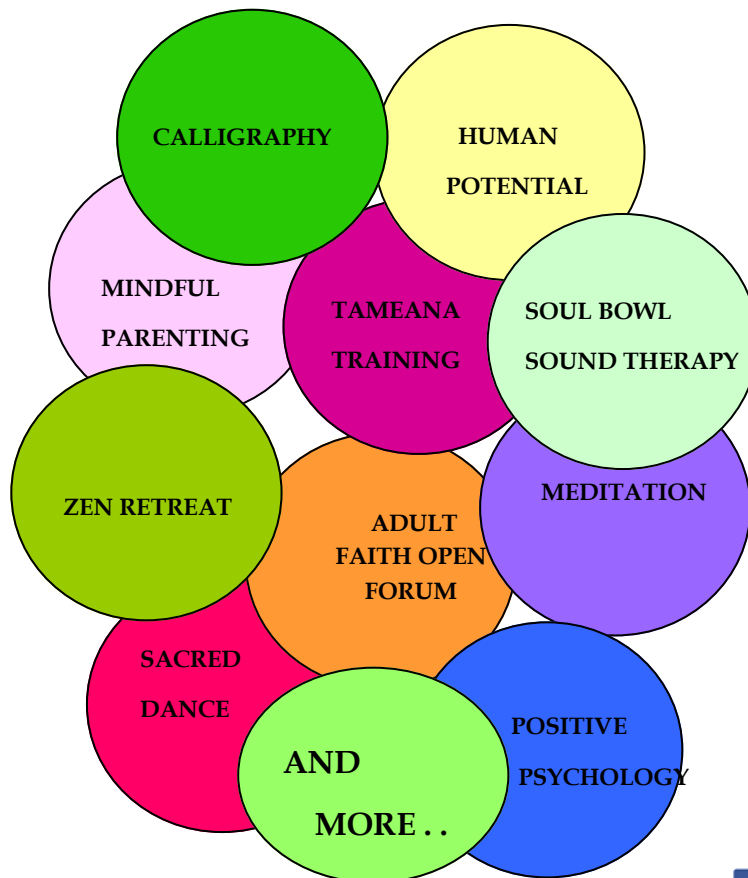


Luisne

Centre for Well Being

Courses from April 30th 2019



www.luisne.ie, office@luisne.ie, 0860517575 

COURSES OLD AND NEW

See www.luisne.ie for details & booking

Apr 14th: Holy Week Sacred Dance Day with Barbara Perry, 10 – 4pm; €40

Apr 20th: Extended Meditation Practice 10.30 - 1pm;
by DONATION

Apr 29th: Reflections on Mysticism with Marie Andre Horsthemke; 7 weeks; €60

Apr 30th: Kum Nye Tibetan Yoga (a very gentle form) with Fran Burns, 7.25 – 9pm; 8 weeks, €120

Apr 30th: Walking the Spiritual Path Together with Sr. Miriam; 10.45 – 12noon; by DONATION

May 1st Realising Your Potential with Anne Brannick
7.30 – 9pm (8 weeks); €240

May 1st Calligraphy as Mindful Writing with Siobhan Campbell 7.30 -9pm (6 weeks); €75

May 1st Sacred Dance with Barbara Perry 8 – 9.30pm
€12 per session

May 2nd Positive Psychology with Michaela Avlund
7.30 – 9pm; 6 weeks; €75

May 2nd Soul Bowl Sound Therapy with Harry Parkinson; 7.30 – 9pm; €15 per session

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- May 4th** Finding Our True Selves with Jim Cogley
10.30 – 4pm; €30 (Please bring a pack lunch)
- May 18th** Zen Retreat and Extended Meditation with
Miriam Healy 10.30 – 4pm; €30 (Please bring
a pack lunch)
- May 25th** Mindful Parenting with Fidelma Farley
10 – 1pm; €35
- June 1st** Adult Faith Open Forum with Diarmuid O’
Murchu; 2 – 5pm; €20
- June 15th** Extended Meditation Practice 10.30 – 1pm
DONATION
- June 15th** Tameana Certified Practitioner and Teacher
Training Workshop with Denise Hill
10.30 – 5pm; €120 with a €50 non refundable
deposit. (Please bring a pack lunch)
- June 23rd** Loving Kindness, Living with Kindness with
Fidelma Farley 10 – 1pm; €35
- June 29th** **3pm** Luisne Theatre Café - To Shortening the Road
with Lorraine O’Brien, Emma O’Brien and Mick Heffernan
€30 – includes afternoon tea
- 7.30pm** 18th Century Drawing Room Theatre
- repeat performance; €25

See next page for further activities being planned

at Luisne over the summer



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What's in the Pot???

- Summer CONCERTS
- A series on the ENVIRONMENT
- Summer FESTIVAL during Heritage Week
- Summer DANCE DAY
- SUMMER SCHOOLS (if we can manage it!) in Art,
- Photography, Drama, Writing . . .
- ZEN RETREAT DAY with Roshi Robert Kennedy

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You might be interested in being part of a Circle of
Interest to help organise one of the above.

