



Celebrate summer

at
Luisne
Centre for Well Being



www.luisne.ie; office@luisne.ie; 0860517575 



Summer Term at Luisne

(See details on website)

- June 6th: **Positive Psychology** with Michaela Avlund (4 sessions);
7.30 – 9pm; COST: €55 or €15 per session
Soul Bowl Sound Therapy with Harry Parkinson;
7.30—830pm; COST: €15 per session or €65 for 5 weeks
- June 15th: **Extended Meditation Practice**; 10.30 – 1pm; by donation
Tameana Teacher Training Day: 10.30 – 5pm; COST: €150
(Includes teacher certificate)
- June 17th: **Reflections on Mysticism** ends until Sept.
- June 18th: **Walking the Spiritual Path Together** ends until Sept.
- June 19th & 26th: **Sacred Dance** with Barbara Perry – **Introductory** for
beginners: 6.00 – 7.00pm; COST: €10 per session;
Luisne Dance Group: 8 – 9.30pm; COST: €12 per session
- June 22nd: **Luisne Theatre Café @ 3pm** and **Luisne Drawing Room
Theatre @ 7.30pm** – 2 performances of **To Shorten the
Road** by the Dry Rain Theatre Co. (Lorraine O'Brien)
COST: €20. Limited places so booking essential
- June 23rd: **Loving Kindness Meditation** with Fidelma Farley; 10–1pm
COST: €35
- June 29th: **Meditative Group Art Course** (5 sessions) with Yvonne
Burke; 10.30 – 12.30; COST: €75
FIRST in our summer ENVIRONMENT SERIES: **Laudato Si –
Our Response, Our Responsibility** with Sean McDonagh
2 – 5pm; COST: €25 (If attending all four sessions prior
payment is €80)

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July 3rd **Creative Writing/Memoir Writing** (your choice) 6 weeks

with Liosa McNamara: 7.30—9pm; COST:€12 per session

July 6th: **FREE TASTER WORKSHOP in Kum Nye Tibetan Yoga** with Fran Burns; 10.30—1pm
SECOND in our summer ENVIRONMENT series:
Mindfulness and Cosmology with Dee Hennessy;
2—5pm; COST: €25

July 10th **Sacred Dance** with Barbara Perry – **Introductory** for
& 11th: beginners: 6.00 – 7.00pm; COST: €10 per session **Luisne
Dance Group**: 8 – 9.30pm; COST: €12 per session

July 20th: **Extended Meditation Practice** 10.30—1pm; by donation

July 21st: **Summer Sacred Dance Day** with Barbara 10 - 4pm; €40

July 27th: THIRD in our summer ENVIRONMENT SERIES: **The
Human in the Universe** with Niamh Brennan;
2—5pm; €25

Aug 10th: **Kum Nye Tibetan Yoga Workshop** with Fran Burns
10.30 - 1pm; COST: €30

Aug 17th: **Extended Meditation Practice**; 10.30 – 1pm/**Zen
Retreat Day**; 10.30—4pm with Miriam Healy;
COST: for half day €15; for full day €25; please
bring a light lunch

Aug 25th: Luisne **HERITAGE DAY**—Luisne Café, Guided Garden
Walks and Guided Tours of the Georgian house; Irish
Traditional Music will be featured; 12—3pm
COST: Adults €5 each; Children FREE

Please Note: Our annual Family Day is planned for September
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NOW is the time to deepen our awareness and take practical steps or, too late, we may find out it is too late.

It's 3:23 in the morning

and I'm awake

because my great great grandchildren

won't let me sleep

my great great grandchildren

ask me in dreams

what did you do while the planet was plundered?

what did you do when the earth was unraveling? . . .

Surely you did something . . . Once you knew! (Drew Dellinger)

A GREEN SUMMER at Luisne!!

June 29th **First session:**

Laudato Si – Our Response, Our Responsibility

with Sean McDonagh. Sean is a renowned author and lecturer on environmental issues for over 30 years; 2 – 5pm; COST: €25 (If attending all four sessions prior payment is €80)

July 6th **Second session:**

Mindfulness and Cosmology with Dee Hennessy;

Dee has been running mindfulness workshops and giving retreats for several years; bringing mindfulness to cosmology will enrich our thinking and practical applications; 2—5pm; COST: €25

July 27th: **Third session:**

The Human in the Universe with Niamh Brennan;

Niamh is an author, lecturer and retreat facilitator. She is passionate about the wonder of Creation and our role in it. 2—5pm; COST: €25

Aug 10th: **Fourth session:**

Practical Ecology—Recycling and Waste Management with Voice Ireland ambassador; 2—3pm

The Importance of Pollination with Terry and Michael Meakin; 3.15 — 4.15pm; COST: €25

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