

Autumn Programme 2019



***Come and taste what
Luisne has to offer!***

0860517575 office@luisne.ie www.luisne.ie



Sept 14 FREE Sacred Dance session offered as a taster with Barbara Perry 10.30-12.30

Journey to the Self—healing techniques, shamanic meditations and movement with David Boland; 10 – 6pm; COST: €60

Sept 16 Mind Body Skills Group Course with Heidi Jackson 10 –12noon (6 wks) COST: €180—or negotiable

Sept 17 Walking the Spiritual Path Together with Miriam 10.45—12.10pm COST: **By Donation**

Sept 18 Stilling the Mind to Engage the Heart and Calm the Body (6 wks) with Pamela Maria O’Reilly 7.15-9pm (includes a retreat day) COST: €230

Sept 18 Calligraphy as Mindful Writing with Siobhan Campbell 6.30-8pm (6wks) COST: €75 Materials required.

Introductory Sacred Dance with Barbara Perry - for beginners: 6.00 – 7.00pm; COST: €10 per session

Luisne Dance Group: 8 – 9.30pm; COST: €12 per session

Southside Partnership Staff Day: 9—4pm

Sept 19 Introduction to Practical Philosophy with Sean Kelly 7.30 –9pm (10 wks) COST: only €10 for the course!!

Soul Bowl Sound Therapy with Harry Parkinson 7.30 - 8.30pm COST: €15 per session OR €65 for 5 weeks

Sept 21 Extended Meditation Practice 10.30 -1pm; **donation**

Sept 23 Reflections on Mysticism with Marie Andre 8-9.30pm COST: €45 for 6 sessions

Sept 24 Kum Nye Tibetan Yoga with Fran Burns 7.30-9pm COST: €90

0860517575 office@luisne.ie www.luisne.ie



- Sept 25** Realising Your Potential with Anne Brannick 7.30 – 9pm (8wks) COST: €240
- Sept 26** Poetry Group Meeting (Lorraine O'Brien) 10.30am (monthly)
- Sept 28** Open Garden Day—Michael Meakin 12–3pm **FREE !!**
- ***** Sept 29 Family Fun Day at Luisne! *******
- Oct 5** An Introduction to the Theory and Practice of Evolutionary Spirituality with Padraic Hurley 10-12.30pm COST: €30
- Oct 12** Sustainability—Our Response, Our Responsibility with Sean McDonagh 2- 5pm Environment Series Part 1 COST: €25; prior payment for all 4 sessions: €75
- Oct 13** Mindfulness Retreat Day (closed) with Pamela Maria O'Reilly 10—4pm
- Oct 19** Extended Meditation Practice 10.30 –1pm COST: By Donation (suggestion €10)
- The Human in the Cosmos with Niamh Brennan 2–5pm Environment Series Part 2 COST: €25
- Oct 26** Zen Retreat Day with Roshi Robert Kennedy and Miriam Healy 10 –4pm COST: €50
- Oct 28** Open Garden Day—Michael Meakin 12–3pm **FREE !!**
- Nov 2** Mindfulness and the Environment with Dee Hennessey/Miriam Lucas 2 –5pm Environment Series Part 3 COST: €25
- Nov 5** Happiness Skills with Michaela Avlund (4wks) 7.30 – 9pm COST: €55 or €15 per session
- Nov 6** The Awe of Colour—Art History with a Difference with Siobhan Campbell (6wks) 10.30 –12noon COST: €60

0860517575 office@luisne.ie www.luisne.ie



- Nov 9** Finding Freedom by Getting the Past out of the Present with Fr Jim Cogley 10 - 4pm; COST: €25
- Nov 13** Leonardo daVinci 500 Years Later (Presentation) with Siobhan Campbell 7.30 –9pm COST: €10
- Nov 16** Extended Meditation Practice/Zen Retreat with Miriam Healy 10:30 –4pm COST: half day €15; full day €25. Please bring a light lunch
- Nov 23** Reduce! Reuse! Recycle! with Michael Meakin 2 –3pm, Organic Gardening and Pollination with Michael and Terry Meakin 3:30 –4pm Environment Series Part 4 COST: €25
- Nov 30** Advent: The Season of the Parable 1 with Diarmuid O’Murchu 2 –5pm COST:€25 OR OAP €20
Heartfulness Meditation and Relaxation with Martha Finan (using yogic transmission)—day workshop; 10 – 5.30.FREE
- Dec 7** Advent: The Season of the Parable 2 with Diarmuid O’Murchu 2 –5pm COST:€25 OR OAP: €20
- Dec 8** Advent Dance Day with Barbara Perry 10 –4pm COST:€40
- **** Dec 8 Luisne Christmas Concert 7.30 –9pm ******
- Dec 14** Advent: The Season of the Parable 3 with Diarmuid O’Murchu 2 –5pm COST:€25 OR OAP: €20
- Dec 21** Extended Meditation Practice (including a Winter Solstice Celebration) COST:By Donation
- ****COMING SOON:** Class series on Vegetarian Street Food Flavours of the World with Orla Power.****
- ***CHECK WEBSITE** for Luisne Christmas Market Dates***

0860517575 office@luisne.ie www.luisne.ie

