

***Programme for
2020
Beginning Anew***



***Every day is a new
beginning.***

***Learn, listen, share at
Luisne***

0860517575 office@luisne.ie www.luisne.ie



- Jan 8th** Personal Development Seminar; Joan Hunt from Pranic Healing Ireland; 7pm—9pm; COST: **€20**
- Jan 9th** Soul Bowl Sound Therapy for Healing and Transformation with Harry Parkinson 7.30 to 8.30pm; COST: **€15 per session or €65 for 5 weeks**
- Jan 13th** Daily Weekday Meditation Practice resumes; 12.10 to 12.35pm
- Jan 14th** Walking the Spiritual Path Together with Miriam 10.45—12.10pm COST: **Small donation per session**
- Jan 15th** Sacred Dance for Beginners with Barbara Perry; 4 weeks; 6.00 – 7.00pm; COST: **€10 per session**
Lisne Dance Group: 8 – 9.30pm; COST: **€12 per session**
- Jan 16th** Practical Philosophy Part 2, with Sean Kelly. This course is open only to those who have done the introductory course. 7.30 to 9pm; COST: **€140**
- Jan 18th** Extended Meditation Practice 10.30 to 1pm; COST: **By donation**
- Jan 20th** Mind Body Skills Group Course with Heidi Jackson 10 to 12 noon (8 weeks); COST: **€240 or negotiable**
Reflections on Mysticism with Marie Andre; COST: **€65 for 9 weeks**
- Jan 25th** Kum Nye Tibetan Yoga with Fran Burns; 9.30 to 12.30 pm; COST: **€35**
- Jan 29th** Greystones Family Resource Centre Group (closed group); 8 weeks; 10 to 12.30pm
Family Drumming with Michael Meakin 7 - 8.30pm
COST: **€100 for 8 sessions**
- Jan 30th** Poetry Group Meeting (monthly) 10.30am

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- Feb 2nd** Loving Kindness: Opening Your Heart to Self - Compassion with Fidelma Farley; 10 to 5pm; COST: **€50**
- Feb 15th** Extended Meditation Practice 10.30—1pm;
COST: **By donation**
- Feb 22nd** Kum Nye Tibetan Yoga with Fran Burns; 9.30 to 12.30 pm; COST: **€35**
- Feb 29th** LUISNE CONCERT: Alive, Alive O! (a Dublin theme) with the inimitable Lorraine O'Brien & Co; 7 to 9pm;
COST: **By donation BUT BOOKING ESSENTIAL**
- Mar 3rd** Meditation to Build Resilience with Hester O'Connor 7 to 8.15pm; 6 weeks; COST: **€50**
- Mar 7th** Breathe More, Stress Less with Claire & Michael Blake 4 Saturdays 9:30 to 5.30pm; **€120/€100conc per day**
- Mar 8th** Greystones Family Resource Centre Group Day Retreat (closed group)
- Mar 21st** Zen Retreat /Extended Meditation with Miriam Healy; 10.30 to 4pm; COST: **Half Day €15/Full Day €25**
- Mar 28th** Kum Nye Tibetan Yoga with Fran Burns; 9.30 to 12.30 pm; COST: **€35**
- Apr 3rd/4th** Holy Week Scripture-based Retreat with Kieran O'Mahony, OSA; Fri from 7 to 9pm; Sat from 2.30-5pm;
COST: **Fri €15; Sat €25 or both €35**
- Apr 18th** Extended Meditation Practice 10.30 –1pm;
COST: **By donation**
- Apr 25th** Kum Nye Tibetan Yoga with Fran Burns; 9.30 to 12.30 pm; COST: **€35**
- Breathe More, Stress Less with Claire and Michael Blake 9:30 to 5.30pm; COST: **€120/€100conc per day**
- Apr 26th** Loving Kindness—Opening Your Heart to Joy with Fidelma Farley; 10 to 5pm; COST: **€50**

May 10th LUISNE MAY FESTIVAL—A Joyful Celebration of the Season; 12.30—4.30pm. Entrance Fee: **€10 per family**

May 16th Extended Meditation Practice 10.30—1pm; COST: **By donation**

May 17th Pentecost Sacred Dance Day with Barbara Perry; 10 to 4pm; COST: €40

May 23rd Kum Nye Tibetan Yoga with Fran Burns; 9.30 to 12.30 pm; COST: **€35**

May 30th Breathe More, Stress Less with Claire and Michael Blake 9:30 to 5.30pm; COST: **€120**

Jun 20th Zen Retreat /Extended Meditation with Miriam Healy; 10.30 to 4pm; COST: **Half Day €15/Full Day €25**

Jun 27th Kum Nye Tibetan Yoga with Fran Burns; 9.30 to 12.30 pm; COST: **€35**

Breathe More, Stress Less with Claire and Michael Blake
4 Saturdays 9:30 to 5.30pm; **€120/€100conc per day**

Aug 23 NATIONAL HERITAGE DAY at Luisne 12.30 to 4:30pm; **Entrance fee: €10 per family**

*** Garden tours, foraging walks, bee-keeping demonstrations TBA. **Check website for details *****

NOTE: Our annual Open Day will take place as usual in Sept.

“Luisne” (pronounced *lishne*) is an old Irish word meaning “the first blush of light before dawn breaks”. One of Luisne’s goals is to contribute to the dawn of a *new consciousness, a new awareness* of our sacred interconnectedness with and responsibility for all forms of life. Well rooted in history, Luisne’s spiritual and environmental outlook combines with a refreshing openness and a servant leadership.

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