

# Art of Living & Dying Online Programme

## Transforming Spiritual Suffering



### Module 4

Online workshop followed by  
monthly Circle of Trust© study groups

Programme Tuition: €355

Early Bird Discount: €295

(Valid until 21 April)

Discounts Available for  
Groups of 3 or More

Email: [info@sacredartofliving.org](mailto:info@sacredartofliving.org)

Presenters include an  
internationally experienced team  
from Ireland and America.

If you would like to talk to one of our  
Irish team members, please contact:

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087 250 5015

Friday, 21 May 18.00-21.00

Saturday, 22 May 13.00-19.00

Sunday, 23 May 13.00-16.00

This six-month programme includes the workshop  
followed by 5 facilitated study group sessions



Learn about the essential quality of compassion and “exquisite empathy” in care giving through the meta-skills of contemplative practice and enhanced self-awareness.



Work with the classical tools of spiritual discernment with a focus on learning how to ask courageous questions.



Re-discover the time-tested skills necessary for maintaining a centered, healthy presence in both the professional and personal worlds.



Experience a variety of creative healing modalities through: yoga movement, haiku poetry, mandala drawings from the soul, sculpting and the healing effects of music therapy.

Online Registration:

[sacredartofliving.org/irish-programs/](http://sacredartofliving.org/irish-programs/)

 Sacred Art of Living  
*Center for Spiritual Formation*  
[sacredartofliving.org](http://sacredartofliving.org)