

Art of Living & Dying ~ Ireland

Online Series with Live Workshop Options ~ TBC

2021—2023



Sacred Art of Living
Centre for Spiritual Formation

Module One Workshop:

Understanding Spiritual Suffering

Fri 19 – Sun 21 November, 2021

Module Two Workshop:

Recognizing Spiritual Suffering

Fri 27 — Sun 29 May, 2022

Module Three Workshop:

Responding to Spiritual Suffering

Fri 18 — Sun 20 November, 2022

Module Four Workshop:

Transforming Spiritual Suffering

Fri 5 — Sun 7 May, 2023

Per Module:

Early-Bird Fee: €295 (Online)

Full-Price Fee: €355 (Online)

Live Workshop Options —TBC

***Group Discounts Available**

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The Art of Living & Dying Series is more about living than about the end of life. This series of four internationally acclaimed workshops draws from the wisdom of our ancestors that the quality of life is enhanced when we do not live in fear or denial of suffering and our mortality. The results of facing or “leaning into” existential-spiritual pain are profound for both caregivers and care receivers and

Include:

- Physical and emotional well-being
- Antidotes for compassion fatigue and burnout
- Enhanced capacity for healing
- Improved pain and symptom-control management
- Peace of mind and improved relationships

Each workshop is an interactive and inspirational learning experience appropriate both for professional and family caregivers. Workshops are followed by a five-month study group process called Circles of Trust©. Participants explore universal patterns of spiritual and emotional suffering with time-tested ways to relieve them. All programmes are a creative blend of best practices, instruction, personal reflection, and hands-on experience, multimedia presentations and creative rituals from the world’s great wisdom traditions.

Click here for more information or to register online:

<https://sacredartofliving.org/irish-programs/>

***For details on the group discount for 3 or more people, please email info@sacredartofliving.org or call 001 541 383 4179.**