

# Art of Living & Dying Intensive Online Workshop

Fri 12 - Sat 13 August 2022



**Join us to explore how to find peace & compassion in these turbulent times.**

The **Art of Living & Dying** Intensive Workshop is a programme over four evenings of our **Art of Living & Dying** series. You will experience highlights and best practices from our internationally acclaimed workshops. Discover how the world's great wisdom traditions provide valuable insights into the meaning of life, death, and all the transitions in between.

The **Art of Living & Dying** tradition explores the four essential elements of emotional-spiritual health: Meaning, Forgiveness, Relatedness, and Hope. The loss of any of these elements results in what our ancestors called soul pain. The teachings from **Art of Living & Dying** are also supported by this critical lesson from the contemporary sciences: By facing or "leaning into" our existential/spiritual suffering we can expect improvement in overall wellbeing, diminished anxiety and enhanced peace of mind—all of which support our physical health. The good news is that at every stage of life's journey, healing is possible.

While this workshop does not replace the complete four part **Art of Living & Dying** series, it does provide a powerful taste of what is available in the complete *Art of Living & Dying* series. This workshop has been especially created for persons interested in the **Anamcara Apprenticeship** which we are delighted to bring to your attention.

Contact [info@sacredartofliving.org](mailto:info@sacredartofliving.org) with questions.

**Fri 12-Sat 13 August 2022**

Time: 16.00 - 21.00 GMT/UTC

Fee: Early Bird Discount (Valid Until 12 July) €300

Regular Tuition €400

Register at: [sacredartofliving.org](http://sacredartofliving.org)

or

Call + 353 87 661 5729