

Art of Living & Dying

Transforming Spiritual Suffering



Programme Fee: €355

Early Bird Discount: €295

(Valid until 5 April)

Groups Discounts Available for 3 or More

Email: info@sacredartofliving.org
for details

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:

Patricia Hallahan (Dublin)
nealtru@gmail.com 087 661 5729

Úna McKeever (Galway)
unamckeever21@gmail.com
087 250 5015

Friday, 5 May 18.00-21.00 GMT

Saturday, 6 May 13.00-19.00 GMT

Sunday, 7 May 13.00-16.00 GMT

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 enhanced self-awareness and contemplative practice.



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/

 **Sacred Art of Living**
Community for Spiritual Integration