

Art of Living & Dying

Transforming Spiritual Suffering



Programme Fee: €80

This is for people repeating the module only

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)
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087 250 5015

Friday, 17th Nov. 18.00-21.00

Saturday, 18th Nov. 15.00-19.00

Sunday, 19th Nov. 15.00-18.00

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 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