

One-day Mindfulness Retreat

Join us for a one day mindfulness retreat in the beautiful setting of St Patrick's College, Maynooth. Two established mindfulness practitioners will lead a day that is part guided activity and part silent reflection. The day will involve some mindful walking, sitting practices and Loving Kindness Meditation. This gentle introduction is suitable for anyone wishing to experience the value of stilling the mind in a tranquil environment.



Dr Christine Dunkley and **Dr Maggie Stanton** are both experienced practitioners with many years experience of teaching mindfulness to clients within the NHS. Authors of *Teaching clients to Use Mindfulness Skills* and *Using Mindfulness skills in Everyday life* (Routledge) they have taught thousands of therapists how to incorporate mindfulness into their therapeutic work.

This workshop is suitable for anyone working in the public, private or voluntary sector who wishes to enhance or begin their own mindfulness practice.

6 hours Continuing Professional Development

7th July 2017 09.30 – 16.30

St Patrick's College
Maynooth (Nr Dublin)
County Kildare
Ireland

Prices including lunch & refreshments

Until 7th June 2017 - €150 / £120

From 8th June 2017 - €165 / £135

For more information and to reserve a place visit :-
www.stantonltd.co.uk or www.grayrock.co.uk

If you prefer to pay in Euros, please register at :-

maynoothcampus.globalenginemedia.com/Conference?conf=TRD2013&i=d90c03b08fef42ecbd4000991806b8ecd

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St Patrick's College

St Patrick's College, Maynooth, is Ireland's second oldest university. It was founded in 1795 as the National Seminary for Ireland and by 1850, had become the largest seminary in the world.. In 1966, the first lay students were admitted to the college and the range of courses on offer expanded.

St Patrick's three and four storey, stone buildings are built around the two large quadrangles of St Joseph's Square and St Mary's Square containing manicured gardens and the Bi-centenary water garden making St Patrick's an exceptionally beautiful and tranquil place to visit.

The Conference Office and Facilities are shared with The National University of Ireland, Maynooth which has some 8,500 students and teaches a wide variety of subjects including both BA and BSc Psychology.



Accommodation

The course will be held in Renehan Hall in St Mary's Square. An historic building, housing an important collection of paintings, and now an air-conditioned lecture theatre with state of the art audio visual equipment and wi-fi.

If you would like to stay at the college, there is a choice of BandB accommodation from basic college rooms, en-suite rooms, superior en-suite and suites of rooms. These are bookable at maynoothcampus.com

