

**Pilates 10 weeks €80**

**PIL1 Monday 6.45-7.45 pm PIL2 Monday 8.00-9.00pm** Exercise class suitable for all ages and fitness levels. Students may prefer to bring their own mat.

**Yoga 10 weeks €80 – YBA Wednesday 6.45-7.45pm YBB Wednesday 8.00 – 9.00 pm**

Exercise class suitable for all ages and fitness levels. Students may prefer to bring their own mat.

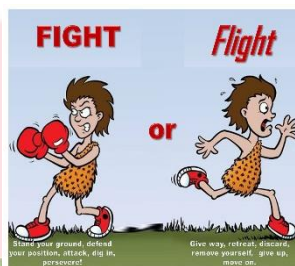


**Tai Chi (TAI) -10 weeks €80 Saturday 9.30-10.30 am**

Exercise class suitable for all ages and fitness levels. Particularly good for flexibility and building bone strength. Light-weight, flexible shoes preferable (canvas plimsolls ideal or shoe with flexible thin sole.)



**Resolving Conflict 10 weeks (CON) Monday 7.00-8.30 pm Fee €120**



**Do you know many people suffer stress and burn out due to conflict?**

*Very often people caught up in conflict are unassertive and feel powerless. They may then withdraw and feel totally demoralised.*

*Conflict can put us into a tailspin of devastating pain, hurt, anger and resentment.*

*The good news is that need not be the case.*

*Many people have learnt the skills to prevent, defuse or resolve disagreements and disputes in both their personal and business lives.*

*If learning how to deal effectively with conflict is of interest then you can enrol on this course.*

*The course is informal, relaxed and while interactive, everyone participates at their own pace.*

### Sample Course Outline

Week 1	Staying calm, breathing exercises, mindfulness & self awareness
Week 2	Active Listening / Effective communication / Body language
Week 3	Conflict Resolution styles
Week 4	Assertive, aggressive and passive behaviour
Week 5	How to handle aggression
Week 6	How to be assertive
Week 7	Different types of assertive behaviour
Week 8	Constructive behaviours
Week 9	Assertiveness in the workplace
Week 10	General discussion & review



**Mindfulness for Personal Enrichment(MIN)- 8 weeks €80 Tuesday 6.45-7.45 pm**

**Mindfulness for Personal Enrichment(MINK)- 8 weeks €80 Tuesday 8.00-9.00 pm**

Meditation and relaxation and 'being in the moment'. Wear comfortable, loose, warm clothing for meditation.



**Angel Meditation Beginners (ACR1) - 5 weeks €60 Wednesday 6.45 – 8.15 pm**

Meditation and relaxation with the Angels and getting in touch with our higher selves.

**Angel Meditation Improvers (ACR2) – 5 weeks €60 Wednesday 6.45 – 8.15 pm starts 4/11/2015**

Continuation of Angel Meditation class.



**Introduction to Psychotherapy (PSY) 8 weeks Wednesday 6.30 -8.00 pm fee €100**

This 8 week course will provide an introduction and overview of the broad field of psychotherapy. As well as tracing the development of the therapeutic model from psychoanalysis to Cognitive Behaviour Therapy, it will look at the practical skills and tools involved in psychotherapy. These

include counselling and active listening skills, CBT exercises and mindfulness techniques which are all widely used in therapeutic practice today. Course includes:

1. The development of psychoanalysis from its inception at the turn of the 20<sup>th</sup> century.
2. A look at Freud's Cases
3. Child Psychotherapy: how 'play therapy' evolved
4. The main theories of Jacques Lacan: how he revolutionised the practise of psychoanalysis
5. Person-centred therapy and positive self-regard
6. Counselling and Active Listening Skills
7. Cognitive Behaviour Therapy or 'CBT'
8. Stress Management through Mindfulness
9. Psychotherapy in Ireland Today



**Understanding Theology (THE) 7 weeks Thursday 8.00-9.30 pm Fee: €80**

A focused look at the role religion plays in today's society. Understanding different religious groups and their core values. Unpicking of certain moral issues such as: Euthanasia, War and Peace. Assessing what sort of society do we want for our children and predicting the shape of religion in tomorrow's world.

**Course Outline**

**Week One:** What is Theology and what can we learn from it?

**Week Two:** What are the core values of the Six Major Religions?

**Week Three:** Moral issues that affect society today.

**Week Four:** How is Religion perceived by modern society?

**Week Five:** Is Religion a thing of the past?

**Week Six:** Has Ireland lost its religious identity?

**Trip**

A guided tour to a place of religious interest