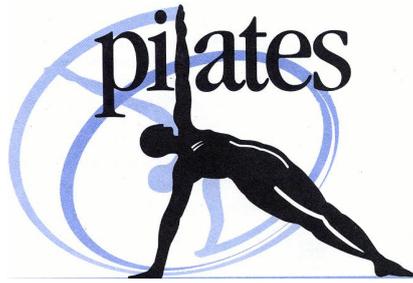


Mind, Body and Soul



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.)



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.

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 20th 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



Angel Meditation Beginners (ACR) - 8 weeks €120 Thursday 7.00-9.00pm

Meditation and relaxation with the Angels and getting in touch with our higher selves.
This course brings peace, tranquility and well being through developing meditative skills