

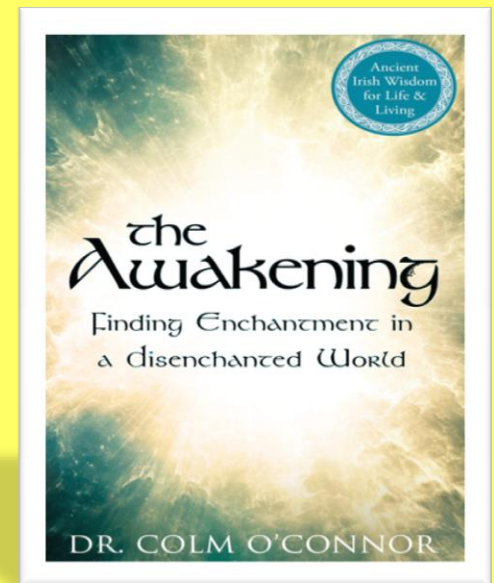
"The Awakening"

Beyond Mindfulness & 'Into the Marvellous'
A Unique Irish Workshop Experience

Dr. Colm O'Connor

Clinical Psychologist & Family Therapist

Author of just released "The Awakening" (Sept 2015)



Ancient Irish history and myth reveal something unique about human nature: Our ability to rise above reality and beyond the anguish of life. The workshop takes participants beyond the "here and now" of mindfulness and illuminates the "there and then" of 'Mind-Flight'. Drawing on existential and evolutionary psychology, participants discover why enchantment and life-enhancing illusions are the essential ingredients to everyday life so often neglected by Eastern and Western therapies. Using "The Awakening" as a guide, participants will be introduced to the principles of Mind-Flight as a path out of the mundane into what Seamus Heaney called "The Marvellous".

WHEN AND WHERE

Cork: Sat. Oct 31

Kingsley Hotel

Dublin: Sat Nov 7th

Red Cow Moran Hotel

9:30 a.m. – 4:00 pm

REGISTRATION & COST

€95 per person

**For information and
booking text queries to
086-0381733**