

Mindfulness & Meditation

Meditation for Healing

Day/Time: Thursday 7:30-9:00pm
Duration: 8 weeks
Tutor: Sandra Rea
Fee: €110

Course Description

Meditation is an excellent, scientifically proven practice to help alleviate stress, manage sleep problems, reduce anxiety, improve the immune system, boost concentration, increase focus and enhance feelings of peace and happiness. During this eight week course, discover all about meditation, its benefits, uses and how meditation can help you to heal on a physical, mental, emotional and spiritual level. If you've been feeling anxious, stressed, sick or in pain, I encourage you to try this course and begin your journey back to wholeness.

Mindfulness

Day/Time: Wednesday 7:30-9:00pm
Duration: 8 weeks
Tutor: Sandra Rea
Fee: €110

Course Description

Mindfulness is the process of becoming aware and focused in the present moment, accepting whatever is, as it is right now. It is something not many people do as we are consumed with planning, busyness, to do lists or caught up in

past events. When we take the time to let go, even if only momentarily, and become completely focused in the now, all our cares and worries melt away. Discover the practice of mindfulness meditation during this course and allow yourself to become your best self!

Angel Therapy

Day/Time: Tuesday 7:30-9:00pm
Duration: 8 weeks
Tutor: Sandra Rea
Fee: €90

Course Description

Learn about Angels, the Cardinal Angels, their attributes and role in your life. Learn how to communicate with the Angels and how they can help you to live a happy, healthy and wonderful life.

Enrolment Details

You can enrol online at www.adultedtiernans.ie, over the phone (087 2235741 / 01 2953224), in person at one of our enrolment evenings, or by post.

Courses will only be run if there are sufficient enrolment numbers. Course enrolment for a particular course may only be secured by full payment of course fee. Fees are strictly non-refundable unless the school decides not to run a course, in which case all fees will be refunded by post or directly to your credit card.

