

C L A S S E S • W O R K S H O P S • R E T R E A T S

KALYANA CENTRE

FOR MINDFULNESS

Timothy Sweeney and Eva Bruha, teachers at Kalyana Centre for Mindfulness, are offering classes and workshops on Mindfulness Based Stress Reduction, Mindfulness Meditation, Voice Awareness and Kum Nye (Tibetan Healing Yoga) at the Centre on the Dingle Peninsula as well as in other locations in Ireland.

All classes are designed for beginners as well as for experienced Meditators. Timothy and Eva also offer individual instruction upon request.

PROGRAM WINTER 2008 - SPRING 2009

Regular Classes at Kalyana Centre

Mindfulness Meditation: weekly group on Wednesday evenings 7 - 9.30pm
Guided body relaxation, sitting Meditation as well as Kum Nye movements and inspirational talks.
No fixed fee. A donation to support the Centre is appreciated.

Mindfulness Based Stress Reduction

MBSR is based on Dr. Jon Kabat-Zinn's work at the University of Massachusetts Stress Reduction Clinic. It is a life changing program where you learn to actively participate in improving your health and well being through mindfulness. The course is life affirming and offered in a safe and supportive environment.

MBSR – courses start in October 08 and in February, April and May 09

The MBSR courses consist of eight 2 ½ hour evening classes plus a full day workshop on a weekend.
Locations: Limerick, Ennis, Tralee, Killarney, Tipperary and Kalyana Centre.
Fee €350 includes all materials.
For more information or to inquire about a course in your area contact Kalyana Centre.

Kalyana Centre, Glenahoe, Castlegregory, Co. Kerry, Ireland
Tel: +353 66 7138926, Email: info@kalyanacentre.com
Web: www.kalyanacentre.com

PROGRAM WINTER 2008 - SPRING 2009

Weekend Retreats and Daylong Workshops

September

Sunday 14th 10am-5pm: Loving Kindness Meditation and Voice Awareness at Kalyana Centre

What really matters at the end of the day. Our own demands and judgements often make it difficult to be kind to others or ourselves. Loving Kindness Meditation helps us to relax into the way things are and to love in spite of imperfections..

Fee: €60 includes teaching, lunch and beverages.

To book call 066 713 8926 or email: info@kalyanacentre.com

Sunday 21st 5-7.30pm: Introduction to Mindfulness Meditation and MBSR

What is Mindfulness Meditation? Going off to some other realms? Having a good time? Is it religious? A spiritual practice? A practical help in everyday life? Eva Bruha will talk, followed by a Q&A session.

Fee: No fee, donations welcome

To book call 066 713 8926 or email: info@kalyanacentre.com

Sunday 28th 10am-5pm: Mindfulness Meditation at Kalyana Centre

When sitting, just sitting, when walking, just walking. Many times we are not able to just do one thing, because the mind is too scattered. Today we will focus on just doing one thing at a time.

Fee: €60 includes teaching, lunch and beverages

To book call 066 713 8926 or email: info@kalyanacentre.com

October

Friday 3rd 6pm to Sunday 5th 2pm: Retreat for Women with Eva at Passaddhi Meditation Centre

What women want. In this workshop we explore the impact of the wanting mind in our daily life through mindful sitting, voice work, Kum Nye (Tibetan Healing Yoga) and sharing of experience, knowledge and wisdom.

Location: Leitrim Beg, Adrigole, Beara Peninsula, Co. Cork. For directions see: www.passaddhi.com

Fee: €225 includes teaching, accommodation and food.

To book contact Marjo on 027 60223 or email: info@passaddhi.com

Friday 10th 7pm to Tuesday 14th 2pm: The Irish Yatra - a personal pilgrimage

Time out for the soul. With morning and evening Meditation, silent walks (4 - 6 hrs per day) through the beautiful mountains, valleys and beaches in Kerry. There will be teachings on mindfulness practice, time for sharing, discussions, socialising and resting. You need to be reasonably fit and happy to walk 'rain or shine'..

Location: Mt. Brandon Hostel, Clochan, Co. Kerry. For directions see: www.mountbrandonhostel.com

Fee: €190 includes accommodation and food.

Plus support for the teachers on the basis of generosity (*Dana*)*

To book call 066 713 8926 or email: info@kalyanacentre.com

Friday 24th 7pm to Sunday 26th 2pm: Silent Retreat at Tig Roy Centre, Co. Tipperary

THIS IS IT. Learning to be with what life is presenting to us, rather than thinking we should always have a good time. We will practice body relaxation, Kum Nye (Tibetan Healing Yoga), Mindfulness Meditation and focus our attention through sound.

Location: Glen of Aherlow, Co. Tipperary. For directions see: www.tigroy.com

Fee: €165 includes accommodation and food. Plus support for the teachers (*Dana*)*

To book contact Maggie Crosse on 087 286 9097 or email: mcrosse@eircom.net

November

Friday 7th 7pm to Sunday 9th 4pm: Mindfulness Meditation Retreat on the Dingle Peninsula

The power of speech. We will observe, investigate and discuss the intentions that lie behind our way of talking and the effect it has on the quality of our well being and on our relationships.

Location: Mt. Brandon Hostel, Clochan, Co. Kerry. For directions see: www.mountbrandonhostel.com

Fee: €125 includes accommodation, food and organisation. Plus support for the teachers (*Dana*)*

To book call 066 713 8926 or email: info@kalyanacentre.com

PROGRAM WINTER 2008 - SPRING 2009

December

Saturday 6th 2-6pm: Voice Awareness at Kalyana Centre (Half Day Practice)

Connecting with our natural voice. Without 'performing' or trying to be our best, we will explore our voice as a tool for healing and expression.

Fee: €30 To book call 066 713 8926 or email: info@kalyanacentre.com

Sunday 7th 10am-5pm: A day of Mindfulness Meditation at Kalyana Centre

Giving birth to joy through a focused mind. We all know how amazing it can be to be absorbed by just one thing: a sunrise, a delicious meal, or the face of a child. Focusing on one breath at a time can bring this same sense of joy.

Fee: €60 includes teaching, lunch and beverages.

To book call 066 713 8926 or email: info@kalyanacentre.com

Sunday 28th 7pm to Thursday 1st 2pm: New Years Retreat at Chrysalis, Co. Wicklow

Slow down and honour yourself at this precious time, as the New Year dawns. A quiet time for reflection, meditation, relaxation and developing a deeper awareness of our mind/body processes. We will practice Mindfulness Meditation, Voice Awareness, Tibetan Healing Yoga, as well as create space for sharing and simply being.

Location: Chrysalis Holistic Centre, Donard, Co. Wicklow.

Fee: €353 includes teaching, accommodation and food.

To book contact Chrysalis at 045 404713 or visit: www.chrysalis.ie

February

Friday 13th 7pm to Sunday 15th 4pm: Silent Mindfulness Meditation Retreat

Taming the Monkey Mind. Our minds are often overflowing with worries and concerns. Mindfulness Meditation helps us to see the activities of the mind without getting carried away by them.

Location: Mt. Brandon Hostel, Clochan, Co. Kerry. For directions see: www.mountbrandonhostel.com

Fee: €125 includes accommodation in mostly single rooms en suite, food and organisation.

Plus support for the teachers on the basis of generosity (*Dana*)*

To book call 066 713 8926 or email: info@kalyanacentre.com

March

Friday 13th 6pm to Sunday 15th 2pm: Weekend Retreat with Matthias Steurich

Kum Nye Tibetan Healing Yoga is a practice of simple but effective healing exercises that work to relieve stress and bring balance and health to body and mind. The exercises are combined with silent sitting and chanting. Matthias is an authorized Kum Nye teacher with more than 25 years teaching experience. This is a rare opportunity to practice with him in Ireland.

Location: Mt. Brandon Hostel, Clochan, Co. Kerry. For directions see: www.mountbrandonhostel.com

Fee: €180 includes accommodation in mostly single rooms en suite, food and organisation.

Plus support for the teachers on the basis of generosity (*Dana*)*

To book call 066 713 8926 or email: info@kalyanacentre.com

Friday 20th 6pm to Sunday 22nd 2pm: A Vipassana Retreat at Sunyata Retreat Centre, Co. Clare

A Bridge to the Heart. Although we will spend these days mostly in silence, we will be using the voice as a means of connecting with the subtle energies of the body/mind in order to visit the heart.

Location: Snata, Sixmilebridge, Co. Clare (25 min. from Limerick and Ennis)

Fee: €150 includes food and accommodation. Support for the teacher on the basis of generosity.

To book contact the Sunyata Retreat Centre on 061-367073 or email: info@sunyatacentre.com

April

Saturday 4th 2-6pm: An afternoon of Voice Awareness and singing at Kalyana Centre

The surprise of the moment. Where does a sound begin? What is its quality in the moment?

Where does it go? What is it leaving behind? We will explore the voice, discover its power to heal and open ourselves to creative singing.

Fee: €30 To book call 066 713 8926 or email: info@kalyanacentre.com

PROGRAM WINTER 2008 - SPRING 2009

April

Sunday 5th 10am-5pm: Mindfulness and Loving Kindness Meditation at Kalyana Centre

Being your own best friend. Developing a truly friendly relationship with ourselves is essential. Too often we are judgemental and critical. When we learn to accept ourselves just the way we are, we gain insight, tolerance and peace

Fee: €60 includes teaching, lunch and beverages.

To book call 066 713 8926 or email: info@kalyanacentre.com

May

Saturday 2nd 2-6pm: Mindfulness Practice in Nature at Kalyana Centre

Weather permitting, we will practice Walking Meditation in the beautiful countryside around Kalyana Centre. Please bring shoes and coats suitable for walking on the beach and on country roads.

Fee: €30 To book call 066 713 8926 or email: info@kalyanacentre.com

Saturday 3rd 10am-5pm: A day of Mindfulness Meditation at Kalyana Centre

The power of intention. How often do we end up doing or saying something we did not really intend? Becoming aware of our intentions through Mindfulness in our lives clarifies what is really important.

Fee: €60 includes teaching, lunch and beverages.

To book call 066 713 8926 or email: info@kalyanacentre.com

Friday 15th 6pm to Sunday 17th 2pm: Retreat for Women with Eva at Passaddhi Meditation Centre

Resentments - and how to transform them. Doing too much for others and not taking care of ourselves often leads to resentment. This weekend we will explore this topic, and take care of ourselves by practicing Mindful Awareness through sitting and walking meditation, Mindful use of the voice, Kum Nye - Tibetan Healing Yoga and through sharing our experiences.

Location: Passaddhi Meditation Centre, Leitrim Beg, Adrigole, Beara Peninsula, Co. Cork.

Fee: €225 includes teaching, accommodation and food.

To book contact Marjo on 027 60223 or email: info@passaddhi.com

June

Please check the website in the New Year or call the Centre for workshops in June.

Cabin and rooms for Personal Retreats or Time Out

We have a newly built and very cosy cabin called 'Kuti' in the upper garden, and a room on the ground floor of the beautifully renovated Stone Barn. These can be rented for personal retreats at very affordable rates. Contact us for information and booking. Whilst staying at Kalyana Centre, the Meditation Room is available for your Meditation / Yoga practice. The countryside offers wonderful opportunities for hill and beach walking. There are facilities for you to prepare your own breakfast and lunch. We will provide dinner. The resident teachers will be available for support and guidance with your personal practice. Kalyana Centre has rooms available if you would like to stay overnight before or after workshops.

Volunteering at Kalyana Centre

If you would like to help the growth and development of our Centre please contact us to discuss volunteer opportunities. We accept resident volunteers for short periods to help with the garden and special projects. Food and lodging can be provided. Non-resident volunteers are equally welcome. We look forward to speaking with you.

Donations *Dana

Dana (the Pali word for generosity): Retreats are often taught on the basis of donations or Dana. The reason is that traditionally the teaching of this liberating practice of Mindfulness is considered priceless. It doesn't mean that the teachers don't need financial support. Dana offers you the opportunity to donate anonymously as your heart guides you. Look for the Dana box at the end of the retreat. If course fees are a hardship for you, please talk with us to arrange a reduction..

For all classes: to book call 066 7138926 or email: info@kalyanacentre.com