



## Kalyana Centre Dingle

# Program

### Mindfulness based Stress Reduction (MBSR)

8-week course 2 ½ hrs weekly plus daylong workshop

Milltown starts **October 4th 2011, 7pm**

Tralee starts **October 5th 2011, 7pm**

Dingle starts **September 28th 2011, 10.15am**

Spring 2012: start February, Summer 2012 start April

Fee: 20 - 30 per class, plus daylong, plus material

“Awakening Joy” 10-month course.

Monthly evening class in Milltown start Monday, **Sep 19th**,

based on the book ‘Awakening Joy’ by James Baraz

### Kalyana Mitta

Support group for former MBSR students

monthly meditation in Tralee **Sept 22nd, Oct 27th, Nov 17th,**

**Dec 8th**, ask for dates in 2012

weekly meditation in Dingle, ask for details

## Workshops and Retreats 2011

### SEPTEMBER

**Friday 23rd 6pm to Sunday 25th 2pm** ‘Joy and Gratitude’ for women

‘Silence and Voice Awareness’ Mindfulness weekend at

Passaddhi Centre Beara Peninsula,

on donation contact Marjo 027-60223 [info@passaddhi.com](mailto:info@passaddhi.com)

### OCTOBER

**2 Sunday 10am – 5pm** Loving Kindness Meditation € 45

**14 – 16** Mindfulness Meditation at Kalyana Centre Dingle

(KCD) € 90/Dana\*

### NOVEMBER

**25 – 27** silent weekend Meditation at KCD, € 90/Dana\*

### DECEMBER

New Year Retreat: **26 – 1/1/2012** Silent 6 day retreat of Mind-

fulness Meditation ‘letting go and getting ready’

at KCD, € 270/Dana\*

Information/bookings: Eva Bruha, 40 John St., Dingle, Co. Kerry, Ireland

087-2712662 or 066-9152610

[eva@kalyanacentre.com](mailto:eva@kalyanacentre.com) | [www.kalyanacentre.com](http://www.kalyanacentre.com)

# Workshops and Retreats 2012

## JANUARY

27 – 29 Compassion Meditation/Healing Sound € 90/Dana\*

## FEBRUARY

17 – 19 Mindfulness Meditation/Gratitude € 90/Dana\*

## MARCH

10 Saturday 10am – 5pm silent day 'Sympathetic Joy' € 45

11 Sunday 10am – 5pm, Mindfulness Med/Voice € 45

## MARCH/APRIL

Silent Easter Retreat:

'Transforming the mind, healing the world'

March 30 – April 1 Mindfulness weekend €90

March 30 – April 7, 8-day Mindfulness retreat € 360

## MAY

4 – 7 bank holiday weekend, Loving Kindness Meditation  
€ 90/Dana\*

## JUNE

2 Saturday 10am – 5pm silent day 'Equanimity' € 45

3 Sunday 10am – 5pm silent day 'The four Immeasurable' € 45

## JUNE

24 – 30 Silent Retreat 1, Illauntanig Island € 390/Dana\*

## JULY

1 – 7 Silent Retreat 2, Illauntanig Island € 390/Dana\*

## AUGUST

24 - 29 Retreat in Germany, Seminarhaus Engl

## SEPTEMBER

7 – 9 weekend at KCD with Ven Sr. Ariya Nani/Dana only\*

12 - 16 Dharma Yatra 'Walking the Dingle Way'

All weekend retreats are starting with registration 7pm on Friday  
and end with lunch 2pm on Sunday

If you are interested in any courses and have  
financial difficulties please ask for a reduced fee.

*\*The fee covers food and lodge. Dana means Generosity - to give  
an anonymous donation for the teaching*