



Course Facilitator

Anita Treacy has a wealth of experience in the area of meditation, having spent many years in India, practicing meditation within a retreat context. During the course she will share her experiences and insights into meditation and how it can help to live a happier and more meaningful life.



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**NORTHBRIDGE
HOUSE**

EDUCATION &
RESEARCH CENTRE

St Luke's
HOME, CORK

Building Resilience Through Mindfulness Meditation 6 Week Blended Course

As we learn to live with COVID19, the building of resilience is essential in managing stress and fostering wellbeing . This 6 week course will provide you with a solid foundation on which a life that includes meditation and mindful living as a wellness tool can be established.

**Commencing
22nd October 2020**

7.00pm - 9.30pm

This 6 week course will run every Thursday from 22nd October— 26th November 2020.
7pm – 9.30pm

Saturday 21st November will be a Full day of Practice (10am— 4pm)

Some of the topics that will be covered include:

- Why Meditate?
- Learning to relax in a sustainable way
- Different meditations for different mind states
- Meditation and its role in helping stress, anxiety & depression
- The practice of mindfulness in our daily lives
- Bridging formal meditation & mindfulness in life

This 6 week course will be conducted using a blended approach. This means the course will be live on zoom while some participants attend in person at Northridge House. Participants may also choose to take the whole course via zoom from the comfort of their own home.

We meditate not to have a temporary nice experience, rather we meditate so we can deal more effectively with any of life's experience.

Life is for many of us becoming increasingly busy. That business usually results in increased stress. Stress affects both body and mind.

Sleeplessness, a constant avalanche of thoughts may be accompanied by anxiety, depression and a feeling that life is spiralling out of control. High blood pressure, headaches, tummy problems, general malaise and low energy can manifest.

Meditation and mindful living helps to gain a stability of mind where we are not at the mercy of life's moving tides or the myriad of thoughts and emotional states that seem to sabotage our happiness and peace of mind.

To help maintain a sense of well-being and basic sanity whilst living in a modern speedy world the skill of Mindful Meditation is essential. The essence of Mindfulness is being relaxed and aware in the present moment.

This short seven week course will provide you with the basics needed to begin living your life more in the here and now. It will help you to train in maintaining a steadiness in life even while there is turbulence around you. This stability of mind results in an inner peace.

The course will be primarily practical with most of the time spent learning and practicing different meditation techniques. A certain amount of theory will be presented to enable a deeper understanding of the skill of meditation. There will be an opportunity every week for feedback, personal questions and discussion.

The day of Mindfulness Practice on the 21st November will be an easy-going and varied day, providing an opportunity to practice what you have learnt over the previous 5 weeks. This will be followed by a concluding evening session on 26th November 2020

Participants are requested to do a small amount of meditation practice as well as mindfulness exercises and reflection between sessions.

Early booking is advised

Cost: €120

To Include:

6 Evenings

& 1 Full Day of Practice

***Guided meditations
provided electronically
and on CD***

To book a place contact

**Claire on 021 4536551 or
claire.coakley@stlukeshome.ie**