

TAMHNACH

FOUNDATION

A place of quiet and counsel



Join us for a special morning

*Take time-out for some now-time;
come and rest in the calm of an oasis –
and create a mandala...*

We live in a world full of turbulence, distraction, uncertainty and worry. We are surrounded by constant movement and noise and we have less and less time to slow down and be still. As we juggle a million things we are finding it increasingly difficult to be/live in the moment.

The Tamhnach Foundation invites you to take a brief respite from the busyness and madness of life; to come and pause in a calm oasis in the centre of bustling Dublin.

A time to reflect and an opportunity to feed your soul.

My heart space...

Mandala is a Sanskrit word that means "circle". Various spiritual traditions use the art form of mandalas as a teaching tool to focus the attention of students/learners. Or to establish a sacred space. Or as an aid to meditation.

Ria Wiid and Rosemary Lennon-Maher - both members of the Tamhnach facilitation team - will be hosting the session.

When: Saturday 7 May 2011

Where: Pastoral Centre, St. Teresa's Church
Clarendon Street, Dublin 2

Time: 10h00 – 13h00

Donation: €20

To book: oasis@tamhnach.org or 085 1583 705 (Ria) and 086 307 5262 (Rosemary)

www.tamhnach.org

