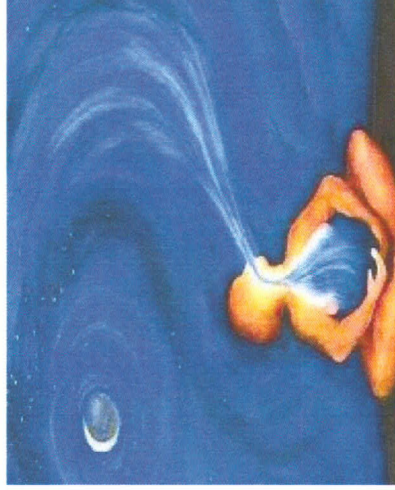


# STILLING THE HEART OPENING THE MIND: A CHRISTIAN APPROACH WITH MARTIN LEHANE-SHEEHAN



**CARRIGORAN HEALTH AND WELLNESS CENTRE**  
**NEWMARKET-ON-FERGUS, CO CLARE**  
**SATURDAY, 27TH MAY 2017, 10 AM TO 4.00 PM**  
**COST: €20 (INCLUDES TEA/COFFEE/ LIGHT LUNCH.)**

*"The breeze at dawn has secrets to tell you.  
Don't go back to sleep.  
You must ask for what you really want....  
People are going back and forth across the door sill,  
where the two worlds touch.  
The door is round and open.  
Don't go back to sleep." (Rumi)*

## Focus of the Day

Mindfulness and meditation is often associated with the east, but its central concepts are inherent in the western Christian tradition. Martina Lehan Sheehan holds that the interweaving of mindfulness and meditative practice with spirituality can lead to deep change. Martina has a great facility for leading groups and individuals into silence and reflection.



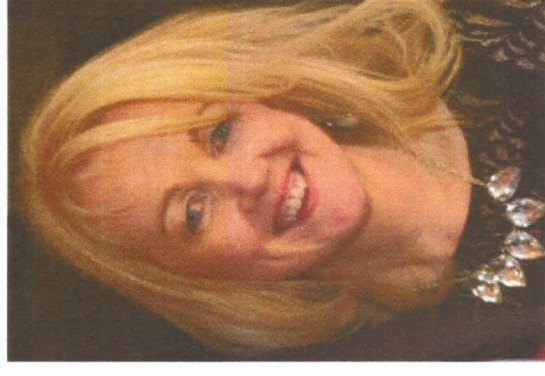
In her workshops, Martina uses real-life examples, reflections and guided meditations to explore her theme. This day will be of particular interest to those who seek inner stillness and a deeper spirituality in their lives.

## TO APPLY CONTACT:

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**NB. Booking essential  
before May 23<sup>th</sup>.**



**MARTINA LEHANE SHEEHAN**

Spiritual Director & Psychotherapist, is regularly invited to facilitate retreats and workshops both in Ireland and abroad. She is Director of Retreats and Programmes at Ennismore Retreat Centre, Cork and the author of several books including *Seeing Anew: Awakening to Life's Lessons*, *Whispers in the Stillness: Mindfulness and Spiritual Awakening* and *Waiting in Mindful Hope: Wisdom for Times of Transition*. With husband John, she has produced two CDs with lyrics and meditations for stillness.