

WORKSHOPS FOR 2012

Date	What's On	Time	Cost
28 Jan.	Living Life in Harmony with Myself Discovering your unique colour and your inner strength	Sat. 10 - 5pm	€75 Cost covers: tuition, hand-outs, creative materials, coffee, tea & a light lunch
27 Feb. - 2 april (over 6 weeks)	The Heart of Parenting workshop Emphasizing the development of your child's unique personality.	Mon. nights 27 Feb. + 5 + 12 + 19 + 26 March + 2 april from 7 -10pm + two Sat. 3 + 31 March from 10 - 5pm Wed.	€ 250 Cost covers: tuition, hand-outs, worksheets, coffee, tea
7 March - 30 May (over 13 weeks)	The Artist's Way: A Course in Discovering and Recovering Your Creative Self Book: "The Artist Way" by Julia Cameron is required.	Wed. 10am - 12.15pm	€ 20 weekly Cost covers: tuition, hand-outs, creative materials, coffee, tea
9 -11 & 23 -25 March (over two weekends)	This is Me! Exploring the core of my personality, the basis of a happy and confident life.	Fri. 7 - 10pm Sat. & Sun. 10 - 6pm	€ 300 Cost covers: tuition, hand-outs, worksheets, coffee, tea & a light lunch
5 April	Living Life in Harmony with Myself Discovering your unique colour and strength	Sat. 10 - 5pm	€75 Cost covers: tuition, hand-outs, creative materials, coffee, tea & a light lunch
2 May - 27 June (over 9 weeks)	The Power of Words Through creative writing you will explore ways of using writing to encourage personal growth and self-understanding while increasing confidence in your way of expression.	Wed. mornings 10 - 12.30	€ 20 weekly Cost covers: tuition, hand-outs, coffee, tea
8 - 10 & 15 - 17 June	Reclaiming My Childhood Past Healing my childhood past through creative means. NO ART EXPERIENCE IS NEEDED	Fri. 7 - 10pm Sat. & Sun. 10 - 5pm	€ 300 Cost covers: tuition, hand-outs, worksheets, coffee, tea & a light lunch + € 25 for creative materials
4 - 8 July (5 days)	This is Me! Exploring the core of my personality, the basis of a happy and confident life.	Each day from 10 - 6pm	€ 300 Cost covers: tuition, hand-outs, worksheets, coffee, tea & a light lunch

All workshops are being held at the House of Radiance, Kildare wood, Kellystown Lane, Leixlip, Co. Kildare.

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THE APPROACH IN THE WORKSHOPS

House of Radiance holds a deep belief that in every person there is a life energy, a growth dynamism that enables people to develop throughout their life.

The method used in the workshops is a method of self-discovery. In these workshops people are invited to take time out of their daily life and reflect on their personal experience, based on what is happening in their life, it's possibilities, it's limits, it's difficulties. It is my belief that people need to build on their essential strengths before they can start breaking down their defenses that were needed to protect their childhood wounds, This process of building on strengths, breaking down defenses and healing is the central theme throughout all the workshops proposed.

As a result of attending the workshops, you will become more aware of your lived experience, develop the tools to cope with anything that happens in your life and live a happier and more complete life, as part of the in-depth exploration of the particular workshop theme.

To register for the workshop

Call Maria **087-2812543** or send an email to maria@houseofradiance.ie for your registration form.

It is important to book your place in advance as places are truly limited.

Further information on the workshops

Living Life in Harmony with Myself

Discovering your unique colour and your inner strength

By allowing yourself to be attracted to colors and shapes, you express yourself intuitively. You express the feeling of life that is within you so as an anchor in a very gentle way with your uniqueness and inner strength. We all have our unique color, telling us who we are. This way of expressing, in a safe and encouraging environment will help you to explore who you are and to become more confident in your relationship with others.

NO ART EXPERIENCE IS NEEDED FOR THIS COURSE

The Artist's Way: A Course in Discovering and Recovering Your Creative Self

Increase productivity. Improve confidence.

Proven three month program inspires people, in all walks of life to break through resistance, self-criticism, fears, perfectionism, jealousy, limiting beliefs and other blocks to connect to their intuition and the creative energies of the Universe. Practical tools and in-class activities and exercises require that you get out of your head and into the flow on a weekly basis so that you will begin to incorporate more enthusiasm and innovation into your everyday life. Non-judgmental structure of workshop encourages new ideas, risk-taking and a belief in yourself. Authentic expression and originality flourish. This is truly a spiritual path to your higher creativity.

Book: "The Artist Way" by Julia Cameron is required.

The Heart of Parenting workshop

Emphasizing the development of your child's unique personality.

Raising kids means to give them the chance to be themselves, to help them to develop their personality. Children grow and develop with tenderness and authenticity. Two conditions that create an environment for children to be themselves so as for the child to become confident, independent and able to make meaningful decisions. This requires for a parent and/or educator to see the child's unique personality. The workshop aims to clarify what you experience with your children and how parenting can be a happy experience. It specifically looks at the various basic needs of each child.

This is Me! (5 day course held over two weekends)

Exploring the core of my personality, the basis of a happy and a successful life.

To know yourself is the foundation to a successful life. Being aware of your personality, your inner strength and your life energy will give you a foundation that supports you and that gives you the ability to be more yourself within relationships. The course contributes to a deeper understanding of your positive gifts, your personal values, and your capabilities. You learn how to develop yourself further and how the whole person is involved in your ability to grow and to be yourself. To know yourself is to be connected with the most important person in your life, YOU. This brings harmony within yourself and in your relationship with others.

The Power of Words

Through creative writing you will explore ways of using writing to encourage personal growth and self-understanding while increasing confidence in your way of expression. We will use enjoyable and also thought provoking exercises to capture your lived experience. In a safe and supportive environment you will explore the transformative power of writing and allow yourself the possibility of working through personal blocks and challenges.

This workshop offers you an opportunity to explore yourself through writing and to development creative ways of expressing.

Reclaiming My Childhood Past

Exploring my childhood through creative expression

In our life today, we can experience traces of the past. In this workshop you are given means to purify the past, to let go of past hurts and to find access to your original self. You will deepen and broaden your perception of your childhood past and experience a deeper understanding of who you are. NO ART

EXPERIENCE IS NEEDED