

A one day workshop for carers, Therapists and Helpers

“Nurturing the Helper Within”

Presented by Lucinda Drayton

About the workshop

This is a unique opportunity to be part of a very special one day workshop in a beautifully secluded location where we will explore in a group setting the journey to “Self-Love”.

This is considered to be the pinnacle of the journey of the self and yet often we do not realize there are definite steps to achieve this high aim. One which is necessary if I am going to truly give without burn-out...all so common in the helping professions.

The afternoon will be an experiential session with Live music.



Lucinda Drayton

The Red Gates
Corofin. Co. Clare

THURSDAY 7th April 2016
9.30 am to 5.00pm

www.theredgates.com

About Lucinda Drayton

Lucinda is a Therapist , a successful Singer and Songwriter of nine albums and a Raja Yoga mediator of 20 years. Lucindas music and beautifully haunting voice reaches far beyond the ear, to the essence of ones being, to the spirit, to the soul. (www.lucindadrayton.com)

Cost : €80 including a two course vegetarian lunch and refreshments

To secure a place contact Gerry on 087 2620832 / gerrymurphy100@gmail.com