

Deepening the Senses - A Journey Inward

*An Experiential Workshop/Retreat with Eileen Ni Shuilleabháin
Counsellor & Psychotherapist*

To be sensual, is to respect and rejoice in the force of life, of life itself, and to be present in all that one does, from the effort of loving to the breaking of bread – James Baldwin.

VENUE: THE RED GATES, COROFIN, CO CLARE.

DATES: 29th JULY - 31ST JULY 2016

For more info. or to make a booking visit www.teallach.com or contact Eileen on 087-7126271

During this popular 'Deepening the Senses' weekend we will explore the world of the Senses – awakening a more grounded authentic connectedness to ourselves and bringing conscious awareness in our bodies to our presence in the world. Through the realm of myth, dreams and archetypes we will deepen into the senses, drawing on our connection to the wisdom of the ancient landscape around us, attuning to our own inner journeying, appreciating in our subtle bodies the richness of the present moment in our lives.

When we listen to myths, if we let ourselves step into their world of poetry and imagination, we step out of the rational concrete patriarchal world of our time and into the symbolic life. In this way we become receptive to our inner environment, our creativity and the energies of life and the archetypal patterns living through us.

During the retreat we will use the medium of poetry and images, gentle mindful movements, art, meditation and dream images, exploring the language of our dreams and their symbols in our psyches to assist us. The two days will provide a nurturing space with time to let go of everyday commitments and attune to ourselves. On our last evening after our féasta (*n.celtic feast*) we will gather at the hearth, or if the weather permits us, under the stars at a bonfire, for the ancient tradition of our ancestors – sharing songs and poetry, music, storytelling and conversations.

About Eileen: Eileen grew up in South Connemara. She lives and works in Galway city as a Psychotherapist and Supervisor where she works both in Mental Health Services and has a private practice. Her background includes a Masters in Social Science (Social Work); Masters in Humanistic and Integrative Psychotherapy specialising in Psychodynamic, Existential and Gestalt Psychotherapies. She has a diploma in Advanced Reflexive Supervision. Eileen is a poet and her work is published in literary journals nationally and internationally. Her workshops reflect her training and experience in facilitating group work, Gestalt body work, Somatic Trauma Therapy, Attachment and emotion focused therapy as well as her interest in Jungian Psychology and Marion Woodman's BodySoul rhythms work.

For more information on Eileen and up and coming workshops see her website - www.teallach.com