



Sacred Space



Stillness & Meditation



Embodiment Exercises & Movement



New Growth

Healthy Food



"I love this work with John. His teachings help to open new doors of awareness about myself, my life and my relationships" Marie

"The movement exercise from Edel's class really helped me to feel the energy in my body rather than just remaining in the head" Paul

"I enjoyed the different parts of some time-out, teaching and exercises it was just what I needed at this time in my life" David



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The Journey - Mary Oliver

"One day you finally knew what you had to do, and began, though the voices around you kept shouting their bad advice-- though the whole house began to tremble and you felt the old tug at your ankles. "Mend my life!"

each voice cried.



But you didn't stop. You knew what you had to do, though the wind pried with its stiff fingers at the very foundations, though their melancholy was terrible. It was already late enough, and a wild night, and the road full of fallen

branches and stones. But little by little, as you left their voices behind, the stars began to burn through the sheets of clouds, and there was a new voice, which you slowly recognized as your own, that kept you company as you strode deeper and deeper into the world, determined to do the only thing you could do-- determined to save the only life you could save."



Application Form

For further information or any questions call Pamela on 0872462754 or email her at pamob@eircom.net

Name _____

Telephone _____

Email Address _____

Postal Address _____

Please Tick:

Deposit: €80 or Full Fee: €280

Special Dietary Needs

Other Comments / (Medical Conditions)

Please send completed application form with non-refundable deposit or full fee to

**The Beehive, c/o Pamela O'Brien,
9, Harbour View, Howth, Co. Dublin**

(please make cheques payable to John Doherty)

Directions and workshop details will be emailed on application.



Anchor your ship this December 11th, 12th & 13th 2009 off the coast of Wicklow. Before the Christmas festivities of shopping and revelry set-in spend the weekend in a contemplative environment in the beautiful ground of Maheramore, Co. Wicklow.

Here we will do some anchoring and centring practices, look at how our inner life works or doesn't work and move that awareness into the body with exercises and techniques.

This is an ideal opportunity to slow-down and re-connect to the authentic parts of life and yourself. Full board and accommodation. All food is vegetarian.

All rooms are for two people sharing and the price is fixed.

During the weekend there will be time to walk around the magnificent grounds at Maheramore, walk to the beach, swim and rest. The retreat starts on Friday night at 8pm. We are asking people to arrive between 4 and 6pm to register, and settle in. There will be a light supper at 6.30pm. We will finish on Sunday around 4pm.

This is an alcohol and drug free event.



Christmas Presence

The Beehive School

www.thebeehive.ie

with **John Doherty**

&

Dance Life with **Edel McGreal**



Teaching

Learn to manifest your intentions while living a deeper, more peaceful life

Stillness
Meditation
Walking in Nature
Silence
Mindfulness



Action

Embodiment
Moving the Energy into the body
Creativity



Integration
Rest
Healthy Food
Nature
Community



Hope you're having a relaxing day!

