# Tara Omagh - in the service of healing, peace and holistic well being.

#  **Dear Friend of Tara,**

 We are pleased to present our programme of events for Autumn/Winter 2022. Maura and Mary will lead a range

 of relaxing and soul nourishing events such as Meditating Together on a Tuesday morning, Soul of Healing and

 the much loved Christmas Meditation in December. Declan Coyle will be with us delivering the world acclaimed

 ‘Green Platform’ and Aileen O’Kane will present a two part workshop on the ancient practice of Ayurveda.

 To conclude, we will have an additional beginners yoga class on a Thursday evening, classes have been increased

 to 30 participants and the programme will run for 10 weeks. We hope you find something of interest in our

 Autumn/Winter programme and we hope to see you soon! For your continued support, we say thanks, thanks

 and thanks again.

# **Autumn/Winter 2022**

Open Monday –Thursday 9.00am to 5.00pm (currently closed for lunch 1.00pm – 2.00pm)

Also open at other times as indicated below.

 **ONGOING SERVICES AVAILABLE**

 **COUNSELLING/PSYCHOTHERAPY ART THERAPY COMPLEMENTARY THERAPIES**

**WORKSHOPS, SEMINARS AND OTHER EVENTS ON OFFER THIS TERM**

**WE WARMLY INVITE YOU TO JOIN US IN THE TARA CENTRE:**

* **Meditating Together**

Mary Daly and Maura Twohig

**Date:** Tuesdays, starting Tuesday 20th September 2022

**Time**: 10.30 am – 12 noon

**Cost**: Contributions welcome on the day

 We are delighted to be able to confirm that Mary and Maura will be at Tara on Tuesday

 mornings to be with those who wish to continue the practice of meditating together at Tara.

 Persons who are familiar with the generic approach to meditation as taught & practised at Tara

 are welcome to be part of the group. Please contact reception with any queries.

* **Meditation “Soul of Healing”**

 Mary Daly and Maura Twohig

 **Date:** Saturday 1st October 2022

 **Time:** 11.30am – 5.00pm (registration 11.00am – 11:30am)

 **Cost:** Contributions welcome on the day

 (Open to anyone who has followed the Beginners Meditation course at Tara or has been part of the Tuesday Meditation Group.)

* **Yoga for Beginners and Intermediates**

Heather Kemps – 10 weeks

(30 places available per class)

**Cost:** £50 for full course

**Beginners: 10.30am – 11.45am** starting Wednesday 28th September to Wednesday 30thth November 2022

**Beginners: 6.15pm – 7.30pm** starting Thursday 29th September to Thursday 1st December 2022

**Intermediates: 8.00pm – 9.15pm** startingThursday 29th September to Thursday 1st December2022

* **“The Green Platform – Simply Life Changing”**

 Declan Coyle is back by popular demand to deliver his worldwide acclaimed programme, The Green Platform.

 (60 places available)

 **Date:** Saturday 22nd October and Sunday 23rd October 2022

 **Time:** 10.00 am – 4.00pm (Registration 9.00am – 9.45am on Saturday 22nd October)

 **Cost:** Your place is secured by a £10 booking fee. VSS subsidises the rest of the cost for participants who

meet the criteria. The cost is £60 for those who do not qualify for VSS.

* **Meditation “Soul of Healing”**

 Mary Daly and Maura Twohig

 **Date:**  Saturday 5th November 2022

 **Time:** 11.30am – 5.00pm (registration 11.00am – 11:30am)

 **Cost:** Contributions welcome on the day

 (Open to anyone who has followed the Beginners Meditation course at Tara or has been part of the Tuesday Meditation Group.)

* **An Introduction to Ayurveda**

 Dr Aileen O’Kane

 Ayurveda is an ancient system of healing which is rooted in the principle that mind, body and spirt are

 inextricably linked. This is a two part workshop and attendance at both sessions is required to maximise the

 experience.

 (40 places available)

 **Date:** Saturday 19th November and Saturday 26th November 2022

 **Time:** 10.00am – 4.00pm (Registration 9.00am – 9.45am)

 **Cost:** Your place is secured by a £10 booking fee. VSS subsidises the rest of the cost for participants who

meet the criteria. The cost is £60 for those who do not qualify for VSS.

* **Christmas Meditation**

 Mary Daly and Maura Twohig

 (60 places available)

 **Cost:** Your place is secured by a £10 booking fee. Contributions are welcome on the day.

 **Date:** Saturday 10th December 2022

 **Time:** 3.30pm – 8.00pm (registration 3.00pm – 3.30pm)

 (Open to anyone who has followed the Beginners Meditation course at Tara or has been part of the Tuesday Meditation Group.)

**PRIOR BOOKING IS ESSENTIAL**

**TO BOOK YOUR PLACE ON ANY OF THE ABOVE PLEASE CONTACT**

**RECEPTION ON 02882 250024**

Support Groups who meet at Tara will hold their meetings in accordance with the group schedule.

 Victims and Survivors Grant available for some of the costs associated with the provision of

counselling/psychotherapy, complementary therapies and some workshops/seminars

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NOTE: FOR FURTHER DETAILS ON ANY OF THE ABOVE PLEASE USE THE CONTACT DETAILS LISTED BELOW

TARA CENTRE, 11 HOLMVIEW TERRACE, OMAGH, BT79 0AH

TEL: 02882 250024

EMAIL: info@taraomagh.com OR WEBSITE www.taraomagh.com