



SPRING 2025

"...in the service of healing, peace and holistic wellbeing"

Vision Statement

We believe that, in essence, there is
a quintessential unity to the
whole of life.

Our Mission at Tara is
to develop an awareness of this truth
and support the practice of living life,
in all its aspects,
from this perspective.

*Coming from this perspective,
the multi-disciplinary range of services
offered at Tara
focusses principally on:*

- * healing and transcending pain and trauma;
- * bringing hope to those in despair;
- * building an inclusive community of peace
and reconciliation;
- * supporting those who seek to free themselves
from the poverty trap and its negative consequences;
- * educating beyond narrow, divisive, tribal loyalties;
 - * encouraging a deepening awareness
of this amazing universe
-manifest and unmanifest-
which sustains and embraces the whole community of life
and within which, we, humans,
discover and cherish our true identity
and our life's purpose.

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*And in the end, it's not the
years in your life that count.
It's the life in your years.*

Abraham Lincoln

ABOUT TARA



The founding vision of the Tara Centre, opened in Omagh Town in 1996, now almost 30 years in existence, was inspired by a holistic philosophy which cherishes a sense of the sacred in all aspects of life and seeks to build a society where diversity can be experienced as enrichment and pain can be engaged with as the raw material of deep personal transformation.

More than all else, at the Tara Centre there is a deep and genuine commitment to supporting, in an appropriate manner, those who come through its doors **to grow in an awareness of their personal, intrinsic worth as human beings** and encouraging them to live their lives from this solid base.

Throughout the past 29 years, practical expression has been given to the aspirations of the Vision Statement by **developing and delivering a wide range of healing and life-enhancing initiatives** such as those identified in this brochure, all of which are experienced in the caring environment of a healing community and a warm welcoming building where the entire ethos breathes respect.

Testimonials abound to the fact that at the Tara Centre, people often find a new direction for their lives. They come in touch with deep inner resources, and are reminded that there are others who share their values about life and its meaning, thus finding inspiration in a communal quest.

“...in the service of healing, peace and holistic well-being”

FROM THE DESK OF THE GENERAL MANAGER

The Tara Centre's vision reminds us that "in essence, there is a quintessential unity to the whole of life." This profound view is not an easy one to integrate into our day-to-day life, especially when it comes to addressing conflict within ourselves, with loved ones, neighbours, at work, in the community, the country we live in, or even worldwide.

Conflict can often be seen as a source of pain or division yet when approached with openness, it can become an opportunity for personal growth and a deeper understanding of the world around us.

Just as breathing draws the world into us and releases part of us into it, conflict is intrinsic to human life. It fine-tunes our understanding of truth within a diverse and complex community.

Approaching internal as well as external conflict with a belief in unity can foster awareness of multiple truths, encouraging us to recognize the validity of others' perspectives. This mindset promotes spiritual growth by transforming disagreements into opportunities for inner exploration and insight as we become aware that each individual carries their own truth. This path requires a regular 'checking in' and can highlight the necessity of breaking old patterns, allowing us to align more closely with our authentic selves.

By embracing this mindset, we may learn to live more harmoniously with the conflicts around us—personal or global. When we see conflict as an opportunity for growth, we can approach it with curiosity and compassion, uncovering what it teaches us about ourselves and the shared world we inhabit.

I know this is a big subject, and trying to broach it on a small A5 page is virtually impossible. With 2025 ahead of us it seems worth a try though - we are all human beings who, if aligned with our own truth in the service of universal well-being, have the power to instigate positive change, worldwide.

Wishing you a peaceful year ahead.

Katrina Deas, January 2025



THERAPEUTIC SERVICES

COUNSELLING / PSYCHOTHERAPY & ART THERAPY

Theoretical orientations used here in Tara include:

- Art Therapy
- Jungian Approach
- Humanistic & Integrative
- Rogerian Person Centred
- Psychodynamic
- Psychosynthesis



The approach in Tara is holistic and addresses a wide range of issues which include:

- Abuse in all its forms: emotional, physical, psychological, sexual
- Bereavement: death, loss of any kind
- Relationship issues: early childhood issues, family of origin issues, partnership issues, social and occupational relationships
- Depression
- Trauma of all kinds
- Phobias
- N.I. conflict related issues
- Spiritual crisis
- Crisis of any kind

All Tara Centre Counsellors/Psychotherapists and Art Therapists are professionally trained, accredited by a recognised professional body*, and are committed to on-going professional development and supervision.

The therapists frequently exercise an eclectic approach to their work by drawing on additional modalities in which they have received specific training and which complement their basic orientation. These include Dream Work, Interactive Guided Imagery and others.

*BACP, IACP, BAAT, HCPC, BISS/ISST

APPLICATION PROCEDURE

Persons who seek counselling/psychotherapy or art therapy services are asked to leave their **name** (first name if preferable) and **telephone number** with the Receptionist for the attention of the Co-ordinator of Therapeutic Services, (COTS). No details regarding the applicant's issue(s) should be given at this stage.

The COTS will return the applicant's call as soon as possible. He will give an indication, based on current demand for services and therapist availability, of the length of time the applicant may have to wait for an appointment. An available relevant counsellor/psychotherapist or art therapist, as the case may be, will be assigned to each applicant. **The assigned counsellor/psychotherapist or art therapist will contact the applicant/client to arrange the first appointment.**



Cancellation Policy: The Centre's cancellation policy will be communicated to each client by their assigned therapist.

Emergency/Crisis Situations: In emergency or crisis situations every effort will be made that applicants in these circumstances will be contacted by the Co-ordinator of Therapeutic Services within 24 hours and appropriate support provided in accordance with the Centre's resources.

Cost: A sliding scale is in operation for payment for Counselling/Psychotherapy and Art Therapy. **Fully funded places or places at a reduced cost** are offered to persons who qualify under the conditions of relevant available grants. **Each case is dealt with individually through a process of consultation with the COTS.**



COMPLEMENTARY THERAPIES



Complementary Therapy Treatments are a very significant dimension of the multi-disciplinary approach taken at the Tara Centre **in support of holistic health, healing and general well-being.** Only **professionally qualified practitioners** are engaged at the Centre.

In keeping with the Centre's strongly held belief that 'one size does not fit all', Tara currently offers the following 60 min complementary therapy treatments:

- ◆ **Aromatherapy and Swedish Massage**
- ◆ **Indian Head Massage**
- ◆ **Reflexology**
 - ◆ **Reflexology for Menopause**
 - ◆ **Lymph Drainage**

Some treatments are **fully funded by Victims & Survivors Service.** Call reception for more information.

Grant Aided Appointments

The Tara Centre is grateful to the Victims & Survivors Service (VSS) for **grant aid that enables us to deliver fully funded Complementary Therapies to those who meet the relevant criteria.** Contact the Tara Centre on **028 8225 0024** and the receptionist will pass your details on to the Co-ordinator of Therapeutic Services



***If you wish to inquire about Counselling/Psychotherapy, Art Therapy or Complementary Therapies please call reception
Tel: (028) 8225 0024***

who will contact you to discuss this option further.

Appointments on a Fee-Paying Basis

Where a grant is not available, or in the case of persons who do not meet the grant aid criteria, appointments can be arranged on a fee paying basis of **£35 per session**. In the event of the price as advertised being prohibitive in individual cases, a reduced fee will be considered (see info box below).

Cancellation Policy for Complementary Therapies

A minimum of 24 hours' notice is required for cancellation of an appointment. Failure to comply with this requirement will involve a **cancellation fee of £15 for fee paying clients**.

Grant aided clients will forfeit one allocated treatment for failure to give adequate notice of cancellation. A “No-Show” practice on the part of the client will require a return to the waiting list for further appointments. The Centre's cancellation policy will be communicated to each client by their assigned therapist.



SPECIAL RATES OF PAYMENT FOR ALL THERAPIES

At Tara we have a strong principled commitment to making the Centre's services available to anyone who can benefit from them, irrespective of a person's ability to pay.

Payment by **instalments** is facilitated at reception, upon request, to ensure no one is excluded on grounds of cost.

A personally affordable price can be directly worked out on a one-to-one basis, on request, through consultation with the General Manager.

WORKSHOPS AND SEMINARS

FEBRUARY

AN INTRODUCTION TO AYURVEDA

A weekend workshop with Dr. Aileen O'Kane



Ayurveda is the ancient system of healing which originated in India more than 3,000 years ago. **It is rooted in the principle that spirit, mind and body are inextricably linked.** According to Ayurveda, each of us has a unique psycho/physiological body type, our constitution, which determines our individual traits and tendencies.

Many factors, internal and external - our thoughts and emotions, our lifestyles and our diets, our relationships, the weather and the seasons etc. - create balance or imbalance in our constitutions leading to symptoms and disease.

Day 1

- We will study the background to the **3 basic Ayurvedic constitutions** and you will begin to understand yours
- We will look at the **effects of foods, environment and life experiences on mind and body** and see how each constitution reacts differently
- You will be helped to **recognise the symptoms that are created when each constitution becomes imbalanced** and learn what you can do to balance your constitution

Day 2

- Ayurveda has taught for centuries that **“All illness begins in the Gut”**, a belief now backed by scientific research. You will gain an understanding of Agni (the digestive fire), the microbiome, the gut/brain axis, leaky gut etc. This will help you understand how dysfunction in the gut is the root cause of most modern inflammatory illnesses and we will address our need to optimise digestion and detoxification.
- **Ayurveda and the Mind** - we will look specifically at Mental and Spiritual

dispositions as related to our different Constitutional types

The knowledge of Ayurveda is profound but simple. It puts a system on knowledge you already have. It empowers you to make sound decisions for your health and well-being.

To get the full benefit it is necessary to do the 2 days.

***When diet is wrong, medicine is of no use.
When diet is correct, medicine is of no need.***

Ayurvedic proverb

Dates: Saturday 15th and Sunday 16th February

Times: 10.00am - 4.00pm (registration 9.15-9.55am)

Cost: Your place with lunch is secured by a £20 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.

Refreshments: 9.15-10.00am tea & coffee
12.30-1.30pm lunch

Note: Prior booking is essential. Places will be offered on a first come first serve basis. Book your place by contacting reception on 028 8225 0024.



HEALING OF CONFLICT - BOTH PERSONAL AND GENERATIONAL

Jim Cogley

We are delighted to welcome Fr Jim Cogley and Luba Rodzhuk back to the Tara Centre focussing on the healing of conflict both personal and generational and how the past continues to influence the present. Over the course of the one and a half days, Jim will explore in his own unique and insightful way our ancestral/ family tree and childhood issues of which we may not be fully aware but which



inhibit personal healing, with a view to finding healing and integration for a more fulfilling future.

Fr Jim is a psychotherapist and wood-turner with over thirty years' experience in the field of healing, both personal and intergenerational. His innovative self-taught woodworking skills provide a unique opportunity to present the age-old truths of life and spirituality in the form of wooden symbols that speak

to the soul. Jim's focus is on "getting the past out of the present" in order to lead a fuller, freer and more fulfilled life. He offers a much needed wisdom for the spiritual landscape we find ourselves in at this time.

Regarded as an inspirational speaker Jim is constantly in demand for seminars, retreats and conferences. He is the author of several books and inspirational cards in the Wood You Believe Series including: 'The Unfolding Self', 'The Ancestral Self', 'The Twinless Self' and 'The Spiritual Self'. He has also published *The Grieving Self*, Volume 8, an outstanding contribution to our understanding of grief recovery.

Books are for sale at the Tara Centre and during the event.



Symbol of different faiths emanating from source of perennial wisdom by Jim Cogley

“This is a truth that is important to understand: what we evade we can never ultimately avoid. It is not by moving away from but towards that which seems so unpleasant that we find peace and healing.”

Jim Cogley



Family Tree Bowl by Jim Cogley

Dates: Friday 28th and Saturday 29th March 2025

Times: Friday 7pm - 9.30pm (registration 6.15-6.55pm)
Saturday 10am to 4.15pm

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 £45 for those who do not qualify for VSS.

Refreshments: Tea and coffee breaks: Friday at 8pm and Saturday at 11.30am
Saturday: lunch provided at 1pm

Note: **Prior booking is essential.** Places will be offered on a first come first serve basis. Book your place by contacting Reception on 028 8225 0024.

ONGOING PROGRAMMES

MEDITATING TOGETHER

Mary Daly & Maura Twohig

The established Tara Centre Meditation Group will resume meeting on Tuesday mornings, led by Mary and Maura, commencing on 14th January 2025.



Anyone who has followed the Meditation / Mindfulness Course for Beginners at the Tara Centre is welcome to join this group at anytime. However, if you haven't completed this course and are still interested in joining the group, please contact reception and a meeting with the group leader can be arranged.

Dates: Tuesday mornings, **14th January - 8th April** incl.

Time: **10.30am- 12pm**

Cost: **Contributions welcome on the day**

Refreshments: Provided post meditation

“The purpose of meditation is to make our mind calm and peaceful. If our mind is peaceful, we will be free from worries and mental discomfort, and so we will experience true happiness. But if our mind is not peaceful, we will find it very difficult to be happy, even if we are living in the very best conditions”.

Kelsang Gyatso

THE SOUL OF HEALING - A FINAL GATHERING

Maura Twohig & Mary Daly

For over 25 years, the Soul of Healing (SOH) one-day Saturday gatherings have been a cornerstone of the Tara Centre's work, lovingly hosted by our Co-Founders. These cherished occasions have provided a space for seasoned meditators to come together, creating an atmosphere of "...healing, peace and holistic well-being." Over the years, these intensives have touched the lives of many, fostering an ethos that enriches and transforms the quality of life for all who attend.

However, as with all meaningful endeavours, the time has come for change. The current format of SOH has run its course, and we now find ourselves at a natural juncture to reflect on its legacy and reimagine how best to nurture meditation and spiritual growth within the Tara Centre community.

In this spirit, we invite you to join us for one final SOH meeting, offering an opportunity to honour what this space has meant and mark its conclusion with gratitude and intention.

While this marks the conclusion of SOH in its current form, it is not the end of our commitment to supporting meditation practice at the Tara Centre. We are actively exploring new approaches to carry forward this vital aspect of our work and will share updates in the near future.

We warmly invite you to be part of this special gathering—a moment to reflect, give thanks, and step into the next chapter together.

Date: Saturday, 1st March

Time: 11 - 11.30am registration and optional 'cuppa'
11.30am - 5.15pm Soul of Healing
5.30pm - celebration meal

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

Refreshments: on arrival at 11.00am, dinner provided (see times above)

Who can attend: Open to anyone who has participated in the Tara Centre's Meditation and Mindfulness courses or attended any SOH meeting over the years.

Booking: IMPORTANT - places must be booked by 21st FEBRUARY 2025

Tel: 028 82250024

DRU YOGA

Mandy Currans

ALL peoples / ages / abilities can do Dru Yoga with their easy isotonic flowing sequences. Dru Yoga postures are the same Hatha Yoga postures, but done in flowing manner for energy block release and energy flow. A typical class includes activations, targeting of spine/muscle groups to be used in class, Energy Block release sequence, deep relaxation and affirmation focus.

No previous experience or ability level is necessary as the exercises cater for all abilities and levels.

QI GONG FOR SELF-HEALING

Mandy Currans

We are excited to introduce Qi Gong (pronounced Chi Kung) to the Tara Centre, for all abilities, ages, and levels of fitness/disability/injury. Qi Gong has many easy flowing sequences and exercises to open energy pathways for the energy flow that brings health and vitality. A typical class includes warm up /activation, joint opening exercises, spinal movement focus, deep inner flow awareness using mindful conscious awareness, standing meditation (chair if unable), deep relaxation lying down.

Dates: WEDNESDAYS

Block I: 22nd January - 26th February

Block II: 5th March - 9th April

Times: DRU YOGA: 10 - 11.30am

QI GONG FOR SELF-HEALING: 11.45am - 1.15pm

Cost per block: The cost for each six-week block is **£40**, or £70 for both classes.

What you need: Wear comfortable clothing, bring yoga mat, and something warm for relaxation

Notes: **Prior booking is essential.** Book your place by contacting Reception on 028 8225 0024.
First time? Make sure to fill in the Tara Centre Health Form prior to commencing classes.

INTRODUCING JOSEPHINE RAFFERTY

Josephine is a registered Yoga Teacher, and studied as a Holistic Health Coach with the Irish Association of Holistic Medicine, Dublin. She is the visionary behind Yoga Plus. Originally drawn to her own mat at 18 years old, she knew there was more! Josephine teaches Hatha Raga Yoga, and specialises in Restorative Yoga where she combines all aspects of Yoga and knows yoga is a living practice on and off the mat. She is steeped in sharing her own experience and her passion for life and yoga is very present in her teaching with plenty of inspiration to offer. Every class varies depending on the group and can be modified to suit all abilities. Silence, Sound, Music and Voice Harmony creates a class atmosphere that facilitates your journey to peace and your own personal connection. Josephine explains “When we simplify our movements we accomplish so much more. When we simply our life anything becomes possible”



YOGA FOR SELF-CARE

Josephine Rafferty

Take time to simplify your practice. When we move efficiently more becomes possible and we feel better in the process; we become more aware of ourselves and those around us; we reduce the noise so we can hear more, feel more and have more space. Yoga for Self-Care is a wellness programme to boost your immune system, increase your energy levels and improve your sleep.

Dates: THURSDAYS

Block I: 9th January - 13th February

Block II: 20th February - 20th March

Time: 6.30-8pm

Cost per block: The cost for each six-week block is **£40**

What you need: Wear comfortable clothing, bring yoga mat, and something warm for relaxation

Notes: **Prior booking is essential.** Book your place by contacting Reception on 028 8225 0024. First time? Make sure to fill in the Tara Centre Health Form prior to commencing classes.

SUPPORT GROUPS AT TARA

LIVING WITH GRIEF AFTER SUICIDE (PATHS)

Jimmy Carrigan

PATHS is an inter-denominational voluntary group formed to support families and individuals bereaved by suicide. Members of the group form an emotional bond of friendship arising from their shared experience of having suffered similar shock, confusion and loss in their lives. It is within this safe and confidential environment that PATHS members share their pain and grief.

Meetings are held on the second Tuesday of each month, 8pm – 9.30pm. For further information, please **contact Jimmy on 07879 41485.**

Meetings will resume **on Tuesday, 14th January.**

OMAGH MEN'S SUPPORT GROUP

Gerry Madden

The group offers men a safe and secure space where they can talk about their emotions, find help in managing the stress in their lives and explore possible solutions to life's problems. Issues raised can include relationships, raising children, work, feelings of failure and ambition, loss, health and money worries.

Meetings are normally held every Monday at 7.30pm to 9.30pm. For further information, **contact Gerry on 07799 472968.**

Meetings resume **on Tuesday, 14th January.**

Disclaimer: While management genuinely appreciates the value of the services offered at the Tara Centre by both PATHS and The Omagh Men's Support Group, **we wish to point out that both groups are self-governed and as such function entirely independently of the Tara Centre governance system.** Accordingly, the Centre carries no responsibility for any aspect of the life and activities of these groups.

This disclaimer also extends to all other persons or groups who use the Centre on an independent basis from time to time.

GENERAL INFORMATION

LENDING LIBRARY

The Lending Library is open during the Centre's opening hours.

While a few books remain on display for sale the lending library provides the reader with a range of resources that encourage “...*healing, peace and holistic well-being*”. The holistic approach to health and well-being is a hallmark of life at the Tara Centre and reflected in the material in stock, with a range of authors and themes representing a great diversity of perspectives on topics addressed.*



BOOKS FOR SALE

While reviving our Bookshop is not on our current to-do list we do invite you to browse the shelves and purchase books from the existing carefully selected titles.

GIFT VOUCHERS

Our popular Gift Vouchers are available at Reception for Complementary Therapies, attendance at Tara Centre Programmes, and the purchase of books and items for sale, making them perfect to give at any time of the year and for any occasion.

***Writing is nothing more
than a guided dream.***

Jorge Luis Borges

***Disclaimer:** Management does not necessarily subscribe to views/opinions expressed in all material in stock in the Bookshop and/or the Lending Library.

SOURCES OF FUNDING



Victims & Survivors Service (VSS)

WHST



Awards for All NI

We acknowledge with gratitude the funding that we received from the Department of Health/Community Foundation NI which helped with the delivery of our counselling/psychotherapy and art therapy services from January 2022 - December 2024.



Philanthropic Donations (large and small)

Personal Donations are made from time to time to the Centre. They are occasionally accompanied by a request from these generous benefactors to desist from publishing their details. Their contributions are recorded, responsibly used and most gratefully received.

Standing Orders & Gift Aid, online and offline, are hugely appreciated (detailed records held at the Centre). This reliable, consistent and steady stream of personal donations helps us plan for the future.

We acknowledge, with sincere gratitude, the most recent and current **Fundraising Contributions from the following organisations:**

- * **The Nature Trail**
- * **Nurtured Living - Gemma Donnelly**
- * **Omagh Craft Collective Gift Shop**

Other Significant Support Towards Sustainability

The most significant support provided to the Tara Centre by the **Sisters of Mercy and the Presentation Sisters** is the lease of the premises, jointly owned by them, free of charge.

A heartfelt THANK YOU for your ongoing support

STANDING ORDER & GIFT AID

YOU CAN MAKE A DIFFERENCE

This is one of Tara's very effective sustainability initiatives of which all of you can become a part. Your personal invitation to do so:



A core group of dedicated fundraisers, led by Company Director and Treasurer, Marian Harte, promote and assist with the management of the Standing Orders and Gift Aid initiative, ensuring that your contributions realise the maximum benefit for the Centre, enabling us to do what we do. **We are working towards a target of 1000 members for this source of funding.**

We are deeply grateful to all who already contribute generously towards the Centre's financial sustainability through the Standing Order (& Gift Aid Initiative) and we look forward to welcoming many more of you on board in response to this, your Personal Invitation.

The Standing Order form is attached to the back of this page, containing all the relevant information you need to respond to your Personal Invitation, or you can contact Reception on 028 82 250024.

Online donations/standing orders

This option is particularly interesting if you would like to do something amazing, such as raising funds for us. On our website taraomagh.com the "Donate" link on the top right of the page will lead you to our **online fundraising platform** where you can register your fundraiser for the Tara Centre. The page also gives the option to donate once or monthly, and to gift aid.

STANDING ORDER MANDATE

CLIENT BANK

The Manager:

Address:

Town:

Postcode:

Date:/...../..... (DD/MM/YYYY)

CLIENT NAME & ADDRESS

Name:

Address:

Town:

Postcode:

Dear Sir/ Madam,

I/We hereby authorise you to debit my/our account detailed below:

SORT CODE

--	--	--	--	--	--

ACCOUNT NUMBER

--	--	--	--	--	--	--	--	--	--

With the sum of:

On:

£ of every month

With effect from:/...../..... (DD/MM/YYYY)

Please write amount in block capitals:

PAYEE: Tara Centre COP Account

BANK: AIB, Enniskillen

SORT CODE: 93-81-30

ACCOUNT NUMBER: 15828-183

Yours faithfully,

SIGNED

(Donor)

NAME.....

giftaid it

Please tick this box if you wish The Tara Centre to receive Gift Aid from your donation.


(Gift Aid enables us to reclaim tax on your payment)

You must pay an amount of Income Tax and/or Capital Gains Tax at least equal to the tax that the charity reclaims on your donations in the appropriate tax year (currently 25p for each £1 you give).



FINANCIAL CONSIDERATIONS MUST NOT KEEP ANYONE AWAY ... *A Timeless, Sacred Place....A Sanctuary For All*

At Tara we have a strong, principled commitment to making all the Centre's services available to anyone who can benefit from them, irrespective of a person's ability to pay the stated cost.



A warm welcome, genuine respect and the utmost confidentiality is guaranteed to all.

We are a registered charity committed to providing services to the highest professional standards. All our costs are pitched at a minimum rate relative to the quality of the service on offer and the overall cost to us of providing that service.

Some, but not all of the services on offer, are subsidised by grants. We also receive donations/contributions from generous persons who share Tara's conviction that the services on offer here make a worthwhile contribution to individual lives and to the community at large and whose financial circumstances at any given time permit them to support the work in this practical and much valued way.

The foregoing combined considerations influence the setting of fees for services on offer. We are well aware however, that the fee set may be an obstacle to availing of the services for some people who could benefit from them and to whom we wish to extend a warm welcome.


In order to give expression to that warm welcome to such persons, we have a few options which we trust are fit for purpose, namely:


- Payment by instalment cards are available on request at reception.
- The booking fee attached to certain services is usually paid in full in advance of the start date for the relevant programme; an instalment card may however be used for this purpose.
- In the event of neither of the arrangements detailed above meeting your need at a given time, you are cordially invited to make this known to the Receptionist who will arrange for you to discuss an alternative option.


*“The privilege of a lifetime is to become
who you truly are.”*


C.G.Jung



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 028 82250024

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 www.taraomagh.com

 facebook.com/taraomagh

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