



Open Monday –Friday 9.00am to 5.00pm (closed for lunch 1- 1.45pm)

SPRING 2026

ONGOING SERVICES AVAILABLE

COUNSELLING/PSYCHOTHERAPY | ART THERAPY | COMPLEMENTARY THERAPIES

For enquiries, please contact reception on **028 82250024**

WORKSHOPS, SEMINARS & EVENTS THIS TERM

Booking via reception essential for all events!

- **Homecoming: a new space to pause, connect, reflect and grow**
Theme: Imbolc, facilitated by Aileen McGee
Celebrate, cultivate, connect and honour Imbolc - the time of light, hope and renewal. A meditative gathering to prepare for a new season.
Saturday 24th January 2026
10am-1pm
- **Ayurveda and the Art of Conscious Living: From Gut Health to Mental Wellbeing**
Aileen O’Kane
An workshop to empower your decisions for your health and well-being.
Sat/Sun 14-15th February 2026
10am-4pm
- **Tuesday Chair Yoga**
Teresa Sexton
Drop-ins welcome!
Time: 2.30pm – 3.30pm followed by a cup of tea
6 weeks: Tuesdays 13th January – Tuesday 17th February
- **Tuesdays: Meditating Together**
Mary Daly & Maura Twohig
Step into a space of stillness and presence.
Time: 11am - 12.30pm
Dates: Tuesdays, starting 13th January 2026
- **Wednesdays: Dru Yoga | Qi Gong for Self-Healing**
Mandy Currans
Drop-ins welcome!
Times: Dru Yoga 10 – 11.30am
Qi Gong 11.45am – 1.15pm

“... in the service of healing, peace and holistic wellbeing.”

Block 1: 7th January – 11th February (6weeks)
Block 2: 18th February – 25th March (6weeks)

- **Thursdays: Hatha Raja Yoga**

Josephine Rafferty

Time: 6.15pm -7:45pm

Block 1: 8th January – 12th February (6weeks)

Block 2: 19th February – 26th March (6weeks)

**TO BOOK YOUR PLACE ON ANY OF THE ABOVE PLEASE CONTACT
RECEPTION ON 028 82250024**

SUPPORT GROUPS

- PATHS Meetings are held on the 2nd Tuesday of each month 8.00pm-9.30pm
- Omagh Men's Support Group meets Mondays, 7.30pm - 9.30pm



Grants available for some of the costs associated with
the provision of counselling/psychotherapy,
complementary therapies and some
workshops/seminars



FOR FURTHER DETAILS PLEASE US AT
TARA CENTRE, 11 HOLMVIEW TERRACE, OMAGH, BT79 0AH
TEL: 028 82250024
EMAIL: info@taraomagh.com
WEBSITE www.taraomagh.com