



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!**  
Please keep checking our website for further updates!

- **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

A workshop to empower your decisions for your health and well-being.

**Sat/Sun 14-15<sup>th</sup> February 2026**

10am-4pm

- **The importance of resolving trauma for our children and generations to come** (title tbc)

Jim Cogley

**Fri/Sat 6-7<sup>th</sup> March 2026**

Friday 7pm - 9.30pm (registration 6.15-6.55pm)

Saturday 10am to 4.15pm

- **Tuesday Chair Yoga**

Teresa Sexton

Drop-ins welcome!

**Time:** 2.30pm – 3.30pm followed by a cup of tea

**6-week block:** Tuesdays 13<sup>th</sup> January – Tuesday 17<sup>th</sup> February

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

- **Tuesdays: Meditating Together**

Mary Daly & Maura Twohig

Step into a space of stillness and presence.

**Time:** 11am - 12.30pm

**Dates:** Tuesdays, starting 13<sup>th</sup> 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

**Block 1:** 7<sup>th</sup> January – 11<sup>th</sup> February (6 weeks)

**Block 2:** 18<sup>th</sup> February – 25<sup>th</sup> March (6 weeks)

- **Thursdays: Hatha Raja Yoga**

Josephine Rafferty

**Time:** 6.15pm -7:45pm

**Block 1:** 15<sup>th</sup> January – 19<sup>th</sup> February (6 weeks)

**Block 2:** 26<sup>th</sup> February – 2<sup>nd</sup> April (6 weeks)

## SUPPORT GROUPS:

- PATHS Meetings are held on the 2<sup>nd</sup> 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



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

TEL: 028 82250024

EMAIL: [info@taraomagh.com](mailto:info@taraomagh.com)

WEBSITE [www.taraomagh.com](http://www.taraomagh.com)