

The Art of Being in Joy

Clarendon Street Spirituality Centre

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Hey you, it's Spring...



...So, c'mon let's play!

This is a short course celebrating the Joys of Spring!

You are invited to join in one or more of Saturday workshops exploring the sacred art of being in Joy.

Through different wisdom traditions and faiths, we will learn how to cultivate Joy in our bodies, hearts and souls.

So, c'mon down and get dirty this Spring.
It's time to get serious about Joy.

Everyone, but everyone, is welcome.
Saturday 16th, 23rd Feb & 1st, 8th March.
10.00am - 4.30pm.
€50.00

All workshops will be hosted by Christine Clear

16th Feb. Mystical Joy

Fr Jim Noonan. Carmelite Wisdom

The mystical experience has a huge amount to say on Joy.

During this workshop we will reflect on the Joy of meeting the Beloved.

What relevance does mystical Joy have in a consumerist culture?

Using contemporary references, Fr. Jim Noonan, of Clarendon St Church, will bring the lived experience of Carmelite mysticism to bear upon Joy.

23rd Feb. Physical Joy

Miriam Gormally. Yoga wisdom

How does the body cultivate a sense of Joy?

This one-day yoga workshop will take us on the physical adventure of opening our hearts and spirits to the Joys of life.

Through a range of postures, Miriam Gormally, an Hata yoga teacher, will offer a programme which prepares us for giving and receiving love, for cultivating peace and living in Joyful awareness of a flowing life.

1st March Expressing Joy

Earth wisdom

If this earth is our home, how then does a shamanic/earth/druidic tradition cultivate Joy and express it as being synonymous with universal spirit?

Through dance, ritual, and blessings we become aware again of who we are, Our connection to this planet, and our belonging to the sacred and Joyful art of connective living.

8th March Cultivating Joy

Dr Donn Brennan. Ayurvedic wisdom

Ayurvedic medicine is the ancient Indian philosophy of cultivating Joy as the foundation of health.

This workshop will relate how Joyful energy, "ojas", arises from finding and holding a balance between the mind, body and spirit.

Is our health being compromised by the stress of always working, of always being on the alert?

And are we risking too much of our energy in our pursuit of happiness

rather than our cultivation of Joy?

These ancient insights will show how true balance creates a sense of Joy in our lives.