

The Resilient Soul: Riding the Waves of our Emotions



Two Day **Workshop** with **Benig Mauger**, Psychotherapist
and Author

Most of us grapple with our emotions and with understanding that our feelings and our reactions are transient. We often get bogged down or overwhelmed and find it hard to simply 'detach'. In this workshop, we will learn how to balance the spiritual teachings of yoga with those of depth psychotherapy as we move towards feeling centred and whole. Learning to recognise when our 'ego' is dictating terms and blocking our greater sense of Soul will help us navigate and ride the waves of our emotions whilst recognising the resilience of the human spirit in the face of adversity.

Date: May 16th & 17th 2020

Venue: Brocks Lane, off York Rd, Dunlaoighre, Co. Dublin

Fee: €199 (payment online via booking form)

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Group strictly limited to 12 so early booking is essential.