



### **1. BODY-MIND MEDITATION**

An approach to meditation and prayer that uses body and breath awareness, thinking, feeling, sound and visualization. This leads to stillness of body and mind, with greater openness to intimacy with God. Available on request for groups.

### **2. THE ART OF ALLOWING - The Breath in Meditation and in Life**

Experience relaxed natural breathing as a way of becoming open to the Holy Spirit. Participants will be helped to become more deeply aware of the ways in which the breath moves within them - and to experience where all of this leads us spiritually. Available on request for groups

### **3. LENTEN TALKS ON PRAYER – Bringing New Life to your Prayer**

Tuesdays of Lent in St. Martin's Chapel, St. Mary's Church, Cork, starting March 12, 2019 at 11.30 am.

These talks will cover themes such as the role of the body and the breath in prayer, the use of a prayer word or sacred word, and making your meditation Christ-centred. It will appeal to those interested in the practice of centring prayer and Christian meditation, and in Eucharistic adoration.