

About us

Merging eastern and western philosophies and using scientifically proven techniques, we provide training in relaxation, stress management and well-being.

On our training programmes, you will learn how to rediscover and reconnect with your natural source of health and vitality. People who practise these techniques regularly report greater happiness, better health and vitality, decreased stress and an increased sense of peace and well-being.

The results are profound - greater clarity, energy and focus, a renewed sense of well being and decreased stress and fatigue.

These techniques, many of which were recently revived from ancient India by Dr Deepak Chopra, are now being taught in Ireland by Mary Callaghan, a qualified instructor trained and certified by The Chopra Centre.

