

The Relaxation Workshop

The Relaxation Workshop is a two day residential course held at The Brooklodge in Wicklow. Using meditation and relaxation techniques to give the calmness and vitality needed to thrive in today's stressful business environment, you will learn to quieten the mind, achieve deep relaxation and a profound state of rest.

Meditation is not about forcing your mind to be quiet, it is about finding the quiet that is already there. As your mind becomes silent, it allows your body to gain the deep rest necessary to release stress and fatigue.

World renowned mind body expert, Dr. Deepak Chopra has revived a special technique from the ancient tradition of India, known as Primordial Sound Meditation and has made it available in a format that can be easily learned and practiced by everyone. You will learn this technique from Mary Callaghan who is a qualified instructor, trained and certified by Dr. Chopra.

During your two day stay, you will be provided with delicious organic food, have access to spa facilities and experience deep relaxing massage and therapies to enhance your sense of relaxation and rejuvenation.

You will return to work refreshed, rejuvenated and equipped with the knowledge of how to access deep states of relaxation whenever you need to.

Course Bookings: To enquire about availability and for course bookings email mary@innerbliss.ie This email address is being protected from spam bots, you need Javascript enabled to view it or call Mary on 087 202 1727