



LISNAVAGH

A SENSORY DAY OF MINDFULNESS

With Sheana Keane inc Cookery Demo with Emily Bunbury

SATURDAY 23RD NOV 2019: 10AM - 6PM

You are invited to join us on a sensory day of mindfulness and cookery. To take a day off from everything. From multi-tasking, multi screening and trying to keep it all together. From all things work and all things family, a moment away from all responsibilities.

MEDITATION

Through a series of guided meditations, from total relaxation to mindful movement, we will create a space for you to step out of the stress of your fast paced life and busy brain. Throughout our retreat day, you will be guided through these restorative meditations and invited to explore shifting your attention from the busy mind, to immerse into your senses - what you see, hear, smell, taste, feel and experience in every moment. This is the simplicity of mindfulness, bringing ourselves into the present moment through the exploration of our senses.

NATURE

Spending time in nature is the earth's natural stress reliever and neuroscience research confirms that it reduces stress hormones and stress activity in the brain. Our senses become vibrant and alive, we become more calm and content as we move our attention from the constant mental chatter to vividly hearing, feeling and seeing the beauty and awe of nature. We will take a number of meditation walks through the stunning grounds of the Lisnavagh estate.



NOURISHMENT

When we mindfully attend to our sense of smell and taste, food can become even more vibrant and delicious. Emily's organic Ayurvedic lunch will be part of our sensory experience.

During the afternoon you will have an opportunity to be in conversation as part an informal cookery demo with Emily on vegetarian and vegan nutritional foods with simple and easy recipes that can be taken with you to make at home and a guide to basic nutrition with tips on living simply and well.

So join us as we offer this restorative space for you to immerse in your senses and unlock your natural ability to cultivate contentment and calm and reignite your verve and capacity for life. As always, wellies and warm raincoats are highly recommended!

Sheana & Emily

To book contact Niamh or Emily at Lisnavagh at 059 916 1473 or email events@lisnavagh.com
Website: Lisnavagh.com

Price Guide

€120 for the day including tuition, lunch and afternoon tea.

We recommend you bring a journal with you to take notes throughout the day.

To book or for further information, contact Emily or Niamh T. 0599161473 (Lisnavagh office) E. events@lisnavagh.com W. www.lisnavagh.com

Drone footage - <https://youtu.be/---0bNc5wbl>