



LISNAVAGH

Mindfulness & Meditation Day Retreat

With Sheana Keane

This is a nourishing space to allow you to take time away from everyone and everything, to come home to yourself, through silence and meditation, listening to your own deep wisdom to help move forward in life.

In the 24 hour digital business of daily life, stress is often a constant companion. It can be difficult to take time out to reassess your life, your choices and your direction. This day of mindfulness is about more than relaxation - it's about spending time in silence to invite your wisdom to rise from your unconscious to your conscious mind and inform your life moving forward.



We will guide you through a day of blissful silence and meditation surrounded by the sounds of nature, free from distraction to deeply listen to yourself, your desire and the wisdom that you innately have.



[Sheana Keane](#)

With an Msc in Mindfulness Psychology (UCD), Sheana has been practicing meditation for over 12 years as a survival tactic to cope with a hectic television career, very young kids and a tendency towards being a stress monger. Now as a mindfulness researcher and teacher she is deeply passionate about the human mind and sharing the insights of neuroscience and the practice of meditation and mindfulness to develop self-awareness, self-kindness and as a way to manage stress.

Sheana facilitates personal development and self awareness programs in a number of large national and international organisations and runs a private practice teaching Mindfulness Based Cognitive Therapy (MBCT) and Mindfulness Based Stress Reduction (MBSR). She

also runs a small number of meditation retreats each year for those who wish to experience a sense of space and calm while exploring mindfulness practice. In research Sheana is embarking on a doctorate program in Psychology to assess the impact of mindfulness interventions on real time stress arousal as it occurs in everyday life. As a member of the Mindfulness Teachers Network of Ireland, Sheana abides by their code of ethics including maintaining a regular personal practice, attending retreats and receiving teaching supervision.



Lisnavagh

All our Retreats are designed as a slowing down, drawing in, restorative time stepping away from the worries and stresses of the world as well as take away knowledge with you. At Lisnavagh House big fires crackling in the dining room and in the library with beautiful and private surroundings of nature and woodland. Delicious home prepared fresh food is served for breakfast, lunch and dinner with colour and style. Our produce comes from local organic suppliers and our own Walled Garden.

Sample Programme

10.00am arrival with a welcoming juice or tea

10.30 - 11.00: Brief introduction to the place of mindfulness in personal wise choice, before coming to a place of silence.

11.00 - 12.00: Meditation: Wisdom of Intention and Mindful Movement

12.00 - 12.30: Meditation: The Wisdom of the Body (neuroscience insights on body Vs mind wisdom)

12.30 - 1.30: Vegetarian Lunch

1.30 - 2.15: Talk: Insights from Neuroscience on Stress, Change and Wisdom

2.15 - 2.40: Meditation: Wisdom of Self Compassion

2.40 - 3.40: Walking Meditation: Sensory Meditation Walk in the Pleasure Grounds of Lisnavagh

3.40 - 4.10: Meditation: Wisdom of Tomorrow

4.10 - 5.00: The Wisdom of Now: Grounding our Learnings from the Day

5.00 - 6.00: Afternoon Tea

Price Guide

€120.00 per person

Full programme

All meals and refreshments

Tuition

To book contact Emily or Niamh

T. 059-9161473 (Lisnavagh office)

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