



# New Leaf

KANTURK & CHARLEVILLE

## SUMMER WORKSHOPS

### IRIDOLOGY & HOMEOPATHY

Sat 11th June 2016, Kanturk, 10am – 4pm

Sat 16th July 2016, Charleville, 10am – 4pm

### YOGA WORKSHOP

Sat 11th June 2016, Charleville, 10am – 2pm

Sat 16th July 2016, Kanturk, 10am – 2pm

### “HEAL YOUR LIFE” 6 WEEK COURSE

Begins Tues 21st June 2016, Charleville 7:30–9pm

Begins Wed 22nd June 2016, Kanturk 7:30–9pm

### NUTRITION TALK: HEALTHY AGEING

Wed 22nd June 2016, Kanturk 6:30–7pm

Tues 19th July 2016, Charleville 6:30–7pm

### T’AI CHI & MEDITATION

Sat 9th July 2016, Charleville, 9:30am – 1pm

Sat 23rd July 2016, Kanturk, 9:30am – 1pm

### CREATIVE WRITING WORKSHOP

Fri 29th July 2016, Charleville, 9:30am – 1pm

### ART THERAPY WORKSHOP

Sat 30th July 2016, Charleville 11am – 1pm

Sat 6th August 2016, Kanturk 11am – 1pm

Booking essential visit  
[www.newleafonline.ie/summer](http://www.newleafonline.ie/summer)  
or ring 029 51922 / 063 30015

Book Online or at New Leaf Holistic Centres

10 Percival Street, Kanturk, Co. Cork, 029 51922

Main Street, Charleville, Co. Cork, 063 30015

[www.newleafonline.ie](http://www.newleafonline.ie)

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## SUMMER WORKSHOPS

### IRIDOLOGY & HOMEOPATHY

David Jeffrey is a registered homeopath and a member of the Irish Institute of Iridologists. This fascinating workshop will explore both diagnosis and treatment. Iridology is a diagnostic technique; looking at the markings in the eye to identify sensitivities that may contribute to a person's ill health. David will also explore homeopathic treatments to counteract those sensitivities.

More info – 086 8130337. Cost €50

Sat 11th June, Kanturk, 10am – 4pm

Sat 16th July, Charleville, 10am – 4pm

### YOGA WORKSHOP

This Yoga workshop is suitable for people of all levels. Nora Mary Keane will lead you through an enjoyable extended session. Yoga is a fantastic way to improve your health physically and spiritually.

More info – 087 7614522. Cost €20

Sat 11th June, Charleville, 10am – 2pm

Sat 16th July, Kanturk, 10am – 2pm

### ART THERAPY WORKSHOP

Come and experience the therapeutic benefits of art. No art experience is necessary. Deirdre Nagle will give you a brief overview of art therapy and a chance to try it. The aim is to improve mental health and maintain emotional well-being.

More info – 087 6884239 Cost €20

Sat 30th July, Charleville 11am – 1pm

Sat 6th August, Kanturk 11am – 1pm

Book your place online at  
[newleafonline.ie/summer](http://newleafonline.ie/summer)

### MEDITATION & T'AI CHI

This will be a relaxing and informative session which will suit beginners and also those who have some experience of meditation or T'ai Chi. The meditation will be on self healing.

More info – 086 6813535 Cost €40

Sat 9th July, Charleville, 9:30am – 1pm

Sat 23rd July, Kanturk, 9:30am – 1pm

### TALK – HEALTHY AGEING

#### BY NUTRITIONIST SHAY KEARNEY

Shay will explore how our diets can contribute to the prevention of conditions such as arthritis, diabetes, Alzheimer's, osteoporosis etc.

More info – 087 9360596 Cost €5

Wed 22nd June, Kanturk, 6:30 – 7:30pm

Tues 19th July, Charleville, 6:30 – 7:30pm

### CREATIVE WRITING WORKSHOP

Are you a writer or would you like to begin writing? This workshop aims to have an atmosphere of constructive encouragement and will explore some technical elements as well as some ideas to help you get started.

More info – 086 6813535 Cost €40

Sat 29th July, Charleville, 9:30am – 1pm

### HEAL YOUR LIFE: 6 WEEK COURSE

This is a series of six sessions, lead by counsellor Kathleen Dennehy, which draw on the philosophy of Louise Hay. The Louise Hay philosophy teaches us that our thoughts are powerful and that we can take control of them.

More info – 087 9774740 Cost €60

Begins Tues 21st June, Charleville 7:30–9pm

Begins Wed 22nd June, Kanturk 7:30–9pm