

## Application Form for Residential Mindfulness Retreat September 2019

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_ (home)

Mobile phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

\*I enclose a deposit of €50

Or

\*I enclose the full fee.

I understand that the deposit/fee is non-refundable once I have been offered a place.

Any special requirements: \_\_\_\_\_

Closing date for deposit: Fri. 26th July 2019

Closing date for full fee: Fri 23rd Aug. 2019

Please return to:

The Programme Administrator, The Social  
and Health Education Project,

The Village Centre,

Station Rd., Ballincollig, Co. Cork.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

### The Social and Health Education Project

SHEP is an Irish, not-for-profit, community-based training and development organisation established in 1974. Our key areas of work include: a unique training programme based on experiential group work approaches; low-cost counselling; advocacy; providing specialist support to community-based organisations, and international partnership.

#### On-going Development Programme

Each year SHEP offers a spring and autumn programme of short training courses and workshops intended for SHEP training course participants, members of the Association of Friends, and specialised practitioners. These offer further opportunities for personal development work, for development of social awareness and understanding of social justice, and for the refreshment or enhancement of facilitation skills. This Mindfulness weekend workshop is part of the Autumn 2019 On-going Development Programme.



**SHEP**  
CAPACITY FOR CHANGE

The Social and Health Education Project,  
The Village Centre,  
Station Road,  
Ballincollig,  
Co. Cork.  
021 4666180.

& Park Road,  
Killarney,  
Co. Kerry.  
087 7728089.  
[www.socialandhealth.com](http://www.socialandhealth.com)



**SHEP**  
CAPACITY FOR CHANGE

On-going Development Programme Autumn 2019



*Mindfulness Retreat:  
Relationship with Self...  
Relationship with Others*

*7th Annual Residential Retreat  
with  
Mary O'Callaghan*

**Oileán Chléire  
(Cape Clear Island)  
Co. Cork.  
September 6th –8th 2019**

## Relationship with Self... Relationship with Others

### *A Weekend Residential Mindfulness Retreat*

How do my views of myself affect me in my relationships with others – and in my relationship with myself? How are my views of myself influenced by what (or what I imagine) others think of me? When I have a difficulty with someone else, where do I tend to point my finger – at them or at myself?

Have you noticed that most of the dissatisfactions and challenges in life happen in relationships? Our disappointments are often rooted in unrealistic or unfulfilled expectations either of ourselves or of others. This retreat offers us an opportunity to look more deeply into our relationship with ourselves and with others. Through practices of mindfulness and self-compassion we will explore ways in which we can meet life on its own terms with its strengths and vulnerabilities so that we can live with greater connection and ease with ourselves and the people who populate our life, be they significant others or colleagues.



September 2018



Mary O'Callaghan  
*Retreat Leader*

**Mary O'Callaghan** MA (Jungian Psychology) is an accredited psychotherapist who has been exploring meditation practices for over thirty years. During this time she spend eight years living as a Buddhist nun and underwent intensive training in Eastern philosophy and meditation practices. Over the past 13 years she has been teaching MBSR/MBCT courses at Oscailt, the centre she runs in Dublin. Mary has led many mindfulness weekend workshops for SHEP since 2010.

### **Workshop Details**

Starting **Friday 6th September @ 7p.m.** with dinner and finishing on **Sunday 8th September 2019 in time to catch the evening ferry to Baltimore.**

**Cost of workshop:** €210 (includes tuition, accommodation and all meals). Payment plans can be arranged with SHEP participants.

**Simple shared accommodation** in the Cape Clear South Harbour Hostel ([www.capeclearhostel.com](http://www.capeclearhostel.com)) & in Eirí na Gréine. Sharing the washing-up is part of the weekend.

**Delicious vegetarian food.** Please let SHEP know of any special dietary requirements.

**Venue for workshop sessions:** the island community hall. (25 mins. walk from hostel; minibus also available)



**Nuala and Eleanor—2018 Retreat**

### **Oileán Chléire.**

Cape Clear is Ireland's southernmost inhabited Gaeltacht island. It is 3 miles long by 1 mile wide and lies 8 miles off the coast of West Cork.

### **Travel Details**

Travel is by regular ferry from Baltimore Harbour. Participants will need to pay the return cost on the ferry themselves. Ferry timetable available on [www.cailinoir.com](http://www.cailinoir.com)

If you wish to car pool to Baltimore please ring the SHEP office.

### **Health Facilities on the Island**

Please note that Oileán Chléire offers 24 hour nursing support but does not have a pharmacy.

### **Closing Date for Applications:**

Limited places. **Apply before July 26th 2019.** Please contact the SHEP office on 021-4666180 if you have any queries.

“Smile, breathe and go slowly.”  
— Thich Nhat Hanh.