

## CERTIFICATE IN HOLISTIC SPIRITUALITY

This exploration of Christian Spirituality, an outreach programme of the Priory Institute, Tallaght, consists of eight Saturdays and one residential weekend **commencing in October and ending in June.**

It will comprise of input, group process, reflection time, liturgy, etc. It addresses the challenges of responding to the evolving spiritual landscape of our times in social consciousness, relationships, work settings, health and wellbeing.

The integrative and contemporary approach of the programme includes reflection on scripture, theology, various forms of prayer, psycho-synthesis, meditation, contemplative living, ritual, art, poetry, personal development, transformative reading and writing.

The days will be delivered through a reflective "retreat style" atmosphere, where tranquility, wholesome food, use of the library and quiet time in the garden are an integral part of the experience. The contemplative approach will be creatively delivered through the atmosphere of a faith-sharing Christian community.

The timetable runs from 10.30a.m. to 4.30p.m. on the Saturdays and from Friday evening to Sunday afternoon on the weekend.

The cost is €650, which can be paid in installments. The fee includes input, lunch, teas/coffees, etc.

A certificate of attendance will be awarded for successful completion of the course.