

## Nalagiri House Carrigahorig Tipperary

**Nalagiri Mindfulness retreats and workshops will be suitable for anyone with some meditation experience; or anyone wishing to begin to cultivate a mindfulness and meditation practice.**

**A regular programme of week-long 'Everyday Mindfulness' retreats will be on offer as well as occasional 1-day and weekend long retreats & workshops.**



Nalagiri House -  
A Place of Refuge  
A Place of Healing

## *Right Now It's Like This...*

*I will try to meet today  
with appreciation & joy;  
with friendliness & kindness;  
with compassion & generosity;  
and with understanding & acceptance.*

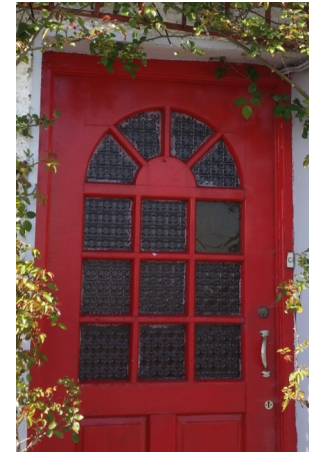


### **Everyday Mindfulness**

Nalagiri House  
Carrigahorig  
Tipperary E45 R202  
Ireland

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## **Everyday Mindfulness**



## **NALAGIRI HOUSE**

*Mindfulness &  
Meditation Centre*

*Serving Mindfulness  
to the Community*

**[www.Nalagiri-Mindfulness.ie](http://www.Nalagiri-Mindfulness.ie)**

*Everyday  
Mindfulness...  
...Every Day*

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Remember to Remember

**Serving  
Mindfulness  
Retreats and  
Short  
Workshops to  
the local and  
wider  
Community**

**F**rom late 2017, Nalagiri House will be offering 7-day (6-night) mindfulness focussed retreats where individuals may find themselves within a supportive community.

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Week-long retreats will start on Sunday at 4pm and come to a close on Saturday at 9am.

**N**alagiri House retreats and workshops will be suitable for anyone wishing to cultivate a mindfulness and meditation practice; however these retreats may be particularly beneficial for individuals who feel that they suffer due to stress, anxiety, 'burnout', depression, or those individuals who are in long-term recovery from abuse, relationship or addiction issues.

At Nalagiri House our shared aspiration is to :

- Cultivate a mindfulness practice for daily life, supported by western Buddhist enquiry.
- Balance community life and quiet personal reflection, following our weekly schedule.
- Experience and develop a compassionate, appreciative and joyous approach to life.
- The house will be silent from 21h00 until 09h00 each day including a silent breakfast. There will be one completely silent day during the week.

***All rooms will be twin occupancy meaning that accommodation is shared with one other person.***



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**Nalagiri House**  
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**Everyday  
Mindfulness**

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