

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 generosity & compassion;
and with understanding & acceptance.*



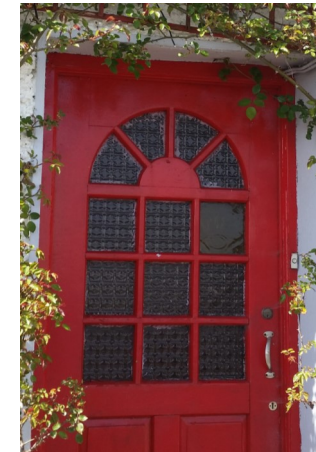
Everyday Mindfulness

Nalagiri House
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Tipperary E45 R202
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NALAGIRI HOUSE

*Mindfulness &
Meditation Centre*



**'Everyday
Mindfulness'**

~
**6-Day
Residential
Retreats**
~

*Serving Mindfulness
to the Community*

www.Nalagiri-Mindfulness.ie

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



Remember to Remember

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

From 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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