

# MINDFULNESS WEEKEND

7<sup>TH</sup> – 10<sup>TH</sup> NOVEMBER 2019



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## **Hosted at an exclusive country house in the Cognac region of France**

A unique opportunity to retreat and restore both the body and mind, this Mindfulness Weekend, guided by a qualified mindfulness teacher, will introduce you to a range of practices to help you bring awareness to the present moment and cultivate attitudes of kindness and compassion towards yourself and your experiences. Situated in beautiful countryside, the programme will also include a taste of France and some of the very special things it has to offer....

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## About the Programme

Over the course of weekend, you will be introduced to mindfulness and guided in various meditation practices by a fully qualified mindfulness teacher.

Practising core meditation practices such as the body scan, sitting meditation and mindful movement, you will develop skills which you can incorporate into your everyday life. Mindfulness teaches us to bring our awareness to the present moment, to what is happening 'right here, right now'. This awareness is cultivated with an attitude of compassion towards ourselves and our experience.

Many misconceptions about mindfulness exist. It does not allow us to empty the mind of thoughts or achieve some higher state of ultimate peace and calm. Rather the practices experienced will help to develop a certain degree of concentration and steadiness in the mind which brings insight into what is going on in our experience in any given moment. Meditation helps us to see what is present and how we are relating to it.

As well as guiding the above meditations, the teacher will share some basic Buddhist teachings, which can provide food for thought. You will also have the opportunity to enjoy mindful walking and experience through the senses this beautiful part of France.

| Mindfulness Weekend Programme   |   |   |   |
|---|---|---|---|
| Thursday  | Friday  | Saturday  | Sunday  |
| <a href="#">Aer Lingus Dublin – Bordeaux</a><br>Arrives Bordeaux 3.15pm           | 7.15 – 8.15am<br>Being fully present  | 7.15 – 8.15am<br>Waking up to the present moment  | 8.30 – 9.30am<br>Loving kindness to ourselves                           |
|   | 8.30 - 9.30am<br>Breakfast  | 8.30am – 9.30am<br>Breakfast  |   |
|   | 10.00 – 12.00pm<br>Letting go   | 10 – 11.30pm<br>Slowing down  | 10.00 – 11.30am<br>Brunch   |
|   |   | 12.00 – 1pm<br>Tapping into our own strength  |   |
| 1 – 2pm<br>Lunch  | 1 – 2pm<br>Lunch  | 12.30<br>Departure for Bordeaux airport   |   |
| 3.30pm<br>Pick up from Bordeaux airport and transport to <a href="#">Aulagnes</a> | 2.30 – 4pm<br>Connecting with nature – a guided forest walk                         | 2.30 – 5.30pm<br>Visit to the beautiful village of <a href="#">Aubeterre sur Dronne</a> | <a href="#">Aer Lingus Bordeaux - Dublin</a><br>Departs Bordeaux 3.45pm |
| 7 – 7.45pm<br>Orientation   | 4.30 – 6pm<br>Visit to Le Maine Giraud vineyard                                     |   |   |
| 8pm <a href="#">Aperos</a><br>8.30pm Dinner                                       | 8pm Dinner  | 8pm Dinner  |   |
|   | 9.45-10.30pm<br>'Sleep Well' relaxation session – with candles and music (optional) |   |   |
| Nurturing the Soul  | Nurturing the body  |   | A little bit of France  |

## About the Teacher

Imelda Wright is a diploma-trained teacher in mindfulness-based interventions and Deputy Principal of a busy primary school. She discovered mindfulness and the benefits it brought to her life many years ago. It helped to quiet a very busy mind and allowed response rather than reaction in life, especially in difficult situations. With the knowledge of these benefits and having undertaken tailored training, she began bringing mindfulness to the children and teenagers with whom she works. She now trains other teachers and has designed a mindfulness summer course for teachers to introduce them to developing their own mindfulness practice and to support them in bring mindfulness into their own classrooms. Imelda is also qualified to teach the Mindful Based Stress Reduction (MBSR) course and has taught this course and other mindfulness courses to adults. As part of her MBSR training, she came back to yoga, something that she had practised many years ago. The combination of mindfulness and yoga have been powerful tools on her journey to wellbeing.



## About Aulagnes

Aulagnes is a beautifully elegant and serene country house nestled in the Cognac countryside and only an hour away from the wonderful city of Bordeaux. Standing on the top of a hill the views from Aulagnes are magnificent, a 360 degree uninterrupted view of vineyards and rolling hills. The house exudes a warm welcome and a wonderful sense of home, having been lovingly and tastefully restored in recent years. Its living areas are relaxed yet sophisticated while its seven bedrooms are wonderfully comfortable and full of character.

## About the Cost

The all-inclusive cost of this Mindfulness Weekend is **EUR600 per person sharing**. The cost covers all mindfulness and relaxation sessions, all meals, beverages and accommodation and all guided outings. Yoga mats and sitting stools are also provided. If you wish to reserve your own room, you may do so at an additional cost of EUR20 per night. Please be aware this is subject to availability so please make known your preferences known when reserving your place. We are delighted to offer **an Early Bird 10% discount if you book by 30<sup>th</sup> September 2019**.

|            | Shared Accommodation |               | Private Room |               |
|------------|----------------------|---------------|--------------|---------------|
|            | Full Price           | Deposit (50%) | Full Price   | Deposit (50%) |
| Regular    | €600                 | €300          | €660         | €330          |
| Early Bird | €540                 | €270          | €594         | €297          |

Flight costs are not included but if you travel Aer Lingus Dublin-Bordeaux flight Thursday 7<sup>th</sup> November and Aer Lingus Bordeaux-Dublin flight Sunday 10<sup>th</sup> November transport to and from the airport will be provided at no extra cost. A deposit of 50% is requested to reserve your place with the balance to be paid in cash on arrival. If you would like to extend your stay to arrive early or stay the final night of the Weekend, please email us at [agceangal@gmail.com](mailto:agceangal@gmail.com)

**NOTE:** This exclusive Weekend is open to 10 participants with a minimum number of seven. Please do not make travel arrangements until we confirm to you that our first seven reservations are secured. We will confirm no later than four weeks before the Weekend.

## Getting here

Aulagnes is located in the heart of the Cognac countryside just 30 minutes from Angouleme and an hour from Bordeaux. Flight costs are not included in the cost of the Mindfulness Weekend but if you travel Aer Lingus Dublin-Bordeaux flight Thursday 7<sup>th</sup> November and Aer Lingus Bordeaux-Dublin flight Sunday 10<sup>th</sup> November transport to and from the airport will be provided at no extra cost.

**Airports:** Bordeaux, La Rochelle, Limoges

**Trains:** TGV fast train from Angouleme (to Paris in 2 hours)

**From Ireland:** Ryanair and Aer Lingus fly to Bordeaux

Visit [www.ceangal.eu](http://www.ceangal.eu) to reserve your place

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