

The Seasons, the Emotions and the 5 Elements

with Seamus Lynch and Pauline Sawyer

Part of the Chinese medicine tradition is the theory of the 5 Elements or 5 Phases. It categorises people broadly into five different constitutional types based on their emotional make-up, physical characteristics and the types of issues that predominate for them. It also makes a connection between these constitutional types and the seasons.

Knowledge of the 5 Elements can clarify for us our emotional agenda, the lens through which we perceive and the world and relate to others. It can also give us clues about how to understand and relate to those who we may find challenging or who may seem to be outside our range experientially.

For anyone in a teaching or therapeutic role this can be an invaluable aid in becoming more objective and compassionate in their perception of themselves and others.

The workshop is self-reflective and includes explanatory talks together with detailed notes, visualisations/meditations, discussion and sharing and yoga practise reflecting the qualities of the 5 Elements.

The aims of the workshop are:

1. To look at the issues, challenges and gifts of each element
2. To learn to recognise the predominant elements/emotions manifesting in oneself and other members of the group
3. To look at how these skills of perception can enhance our lives and role as yoga teacher/therapist

Typical daily schedule (subject to change) – 7.30am Yoga practice/season visualisation, 8.30am Breakfast, 9.45am Element explanatory talk, 11.00am Yoga practice related to Element, 1.00pm Lunch, 5.00pm Element workshop, 6pm Yoga practice, 7pm Supper, 8.30pm Element workshop, 9.30pm Inner smile meditation

Dates & cost: June 29 - July 5, €690 (Max no. participants 12 – the workshop is also open to others) Send **€90 deposit** (non-refundable for cancellations after May 25th) to Seamus Lynch, 12 Beech House, Carrickmines Green, Carrickmines, Dublin 18 by **March 30th, 2012.**

Venue: Bobbio Centre, Magheramore, Co. Wicklow For further info. tel. **087 2733438**

Eligible for CPD points with IYT & BWY, also with Irish Reflexology Institute (IRI), National Register of Reflexologists of Ireland (NRRRI), Association of Systematic Kinesiology (ASK), Acupuncture Council of Ireland (TCMCI) and others...