

## **Brigit: Birthing a New Spring for Our Time**

29<sup>th</sup> January – 31<sup>st</sup> January 2010, Dublin

In this weekend event, we will experience the quickening energy of Imbolc and nourish Brigit's energy (the *neart*) in ourselves while we gather the seeds of our Spring dreams. Imbolc marks the beginning of Spring in the Celtic calendar, and is traditionally a time when Brigit is celebrated as goddess, poet, healer, smith worker and saint.

### **Workshop Content**

- **Awakening ancestral memories of Imbolc, by telling stories of Brigit, the feminine soul of Old Europe.**
- **Drawing on their strength for our healing journeys, by connecting with our BodySouls through movement, art, voice work and ritual.**
- **Exploring the relevance of Brigit's traditions for this time of spiritual and global crisis.**

### **Facilitators**

Mary Condren is author of *The Serpent and the Goddess* and forthcoming book on *Brigit of Ireland: Spirit of Old Europe*. She is director of the Institute for Feminism and Religion ([www.instituteforfeminismandreligion.com](http://www.instituteforfeminismandreligion.com)) and has trained in Leadership in the BodySoul Rhythms Programme of the Marion Woodman Foundation. She teaches at the Centre for Gender and Women's Studies, Trinity College Dublin.

Marian Dunlea, Jungian analyst, facilitates groups in BodySoul work in Ireland and abroad and has had a psychotherapy practice for over 30 years. She draws on her experience as a Jungian Analyst, facilitating BodySoul Rhythms Workshops with the Marion Woodman Foundation and her training in Trauma Work with the Foundation for Somatic Experiencing of Peter Levine. [www.mariandunlea.com](http://www.mariandunlea.com)

**Mary and Marian have each facilitated Brigit festivals in Ireland and abroad for over 20 years.**

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**Venue:** Wisdom Centre, Sophia, 25 Cork Street, Dublin 8  
**Dates:** Friday 29th January – Sun 31st January 2010  
**Times:** Friday: 6:30pm – 9:00pm  
Saturday: 9:00am – 6:00pm (full day)  
Sunday: 9:00am – 1.00pm (half day)  
**Directions:** See [www.sophia.ie](http://www.sophia.ie)

## **Registration**

**Early Bird Offer, Book by January 10<sup>th</sup> 2010, cost is €130.00**

**Full registration after this date, cost is €150.00.**

**Limited bursaries may be available on request. [safiawaller@gmail.com](mailto:safiawaller@gmail.com)  
Cost includes teas/coffees and lunch on Saturday.**

**Register by posting with your cheque to address below:**

**Safia Waller, Monard, Turloughmore, Athenry, Co. Galway, Ireland.  
Please make cheques payable to Mary Condren No 2 account.  
Further Enquires: [safiawaller@gmail.com](mailto:safiawaller@gmail.com)**

### **REGISTRATION FORM**

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**NAME**

**ADDRESS**

**PHONE NUMBER**

**EMAIL**

**REGISTRATION FEE ENCLOSED**