

**BEEHIVE BOOKS** is pleased to announce a

# HOW TO BE *Our Best Self*

charity event in aid of the **Irish Kidney Association**

Sunday, 18 September 2022

St Andrew's Resource Centre, Pearse Street, Dublin 2

Join us for a day of in-person and online workshops on a range of activities from art and creative writing to green therapy and tai chi.

## SCHEDULE OF CLASSES AND WORKSHOPS

8 a.m.	Morning meditation with Stuart Breen	1.15 p.m.	Hertz therapy workshop with Daiga Peterson
8.45 a.m.	Morning Chi Kung with Stuart Breen	2 p.m.	Afternoon meditation with Chris McMahon
9.30 a.m.	Green therapy with Tom Gunning	2.45 p.m.	Sound bath with Mary McCumiskey
10.15 a.m.	Children's workshop 7+: poetry and illustration with Catherine Ann Cullen and Katya Swan	3.30 p.m.	Breath workshop with Shea McCarthy
11 a.m.	The Secret's of Ageless Ageing workshop with Karen Ward	4.15 p.m.	Children's workshop 7+: creative writing and illustration with Margaret Anne Suggs and Síne Quinn
11.45 a.m.	Senior mental health workshop with Dr Declan Lyons	5 p.m.	Five elementary homeopathy with Graham Roe
12.30 p.m.	Afternoon Chi Kung with Master Charles Thackaberry	5.45 p.m.	Yoga with Tara Vitality O'Neill

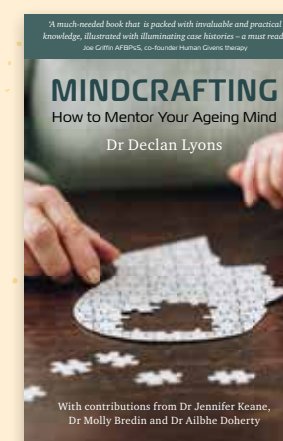
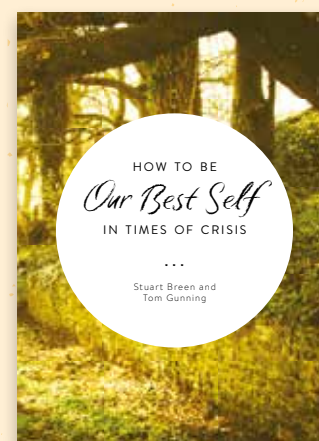
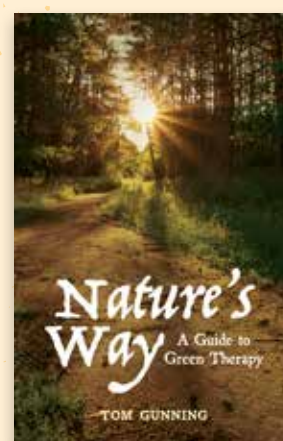
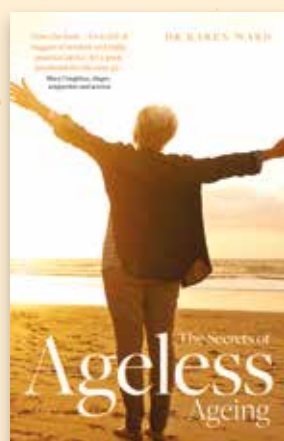
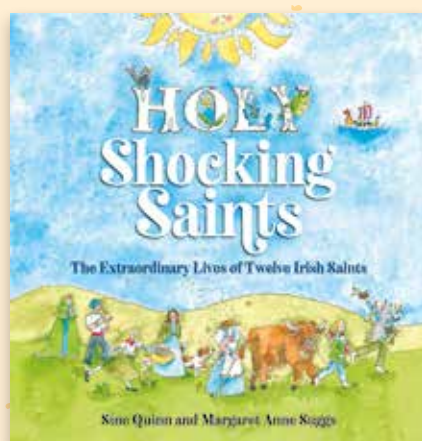
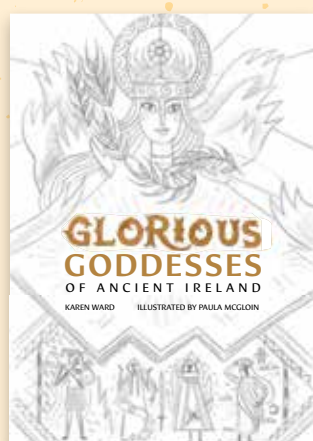
For more details: [www.ika.ie/BestSelfDay](http://www.ika.ie/BestSelfDay)

To attend in person, contact event administrator,  
Jane Bailey: [janebailey55@gmail.com](mailto:janebailey55@gmail.com)



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