



TheClinic.ie Newsletter

Soup for the Soul

A series of monthly talks and workshops around wellbeing in Harry's Café Bar. Open to all.

Mindfulness and Mindful Meditation-paths to peace, Wed October 12th at 7:30pm

Heartfulness -growing our capacity for love, Wed November 9th at 7:30pm

Nutrition for body and mind-ageing youthfully, Wed December 7th at 7:30pm

Hypnotherapy and Hypnotism-accessing the subconscious, Wed Jan 4th 2017

Psychology Courses

Mindfulness with Psychologist Joanna Gorniak, Tues Oct 18th-Tues Dec 20th in The Clinic.ie

Assertiveness with Psychologist Joanna Gorniak, Mon Oct 24th- Mon Dec 12th in The Clinic.ie

Depression and Anxiety courses - Keep an eye on TheClinic.ie website events page for details

Yoga Courses with Emma

Pregnancy Yoga - Thur 20th Oct - 24th Nov 8.30pm – 9.30pm. €90 for 6 weeks

Yoga for Runners and Walkers - Sat 22nd Oct - 26th Nov 11.30am - 12.45pm

€75 for 6 weeks

Yoga for Teens - (ages 13 - 18) Mon 7th Nov - 28th Nov 4.30pm – 5.30pm. €40

Somatic Movement - Thur 20th Oct - 10th Nov 10am – 11.15am. €60 for 4 weeks

Pregnancy Yoga - Thur 1st Dec - 22nd Dec 8.30pm – 9.30pm. €60 for 4 weeks

Yoga for Athletes - Sat 26th Nov - 17th Dec 11.30am – 12.45pm. €50 for 4 weeks

The Sleep Over

Addressing all aspects of a healthy sleep. The programme consists of a full day of workshops and techniques to help you relax and get into a healthy sleep pattern with an overnight stay in a luxury country house in Co. Westmeath. Sat 5th – Sun 6th Nov. See TheClinic.ie events page for details.

Take the Weight Off

Our *Take the Weight Off* lifestyle programme is weight management with a difference. On the course you will become part of an integrated team consisting of Doctor, Nutritionist, Counsellor, Physiotherapist, and Exercise Specialist as well as you and your fellow participants working together to reduce your weight in a sustainable and supportive way. Starting in November and February. Check online at TheClinic.ie for dates and details.

Bioage Testing

Free Arterial Stiffness Test on Saturday mornings

We can identify cardiac problems early and reverse them. At The Clinic we have a class II medical device using pulse wave analysis to measure arterial stiffness.

Pilates Classes

We have ongoing pilates courses for groups and individuals. Levels 1 and 2 and men only.

Tuesday mornings and evenings, Wednesday evenings, and Friday mornings. See details online.