

# 7 Turns of the Spiral

*Allow the field of wisdom to unfurl with each step along the sacred spiral*

**28 and 29 November 2019**

**Sandycove, Kinsale, County Cork, Ireland**

During these two days we invite you to bring a creative and kind eye as you open to new understanding and insight through an embodied exploration of the spiral. Discover the rich unfolding of what is calling you in the months to come and beyond so that you can craft a unique signature step by step going forward. According to *Joseph Keane, Celtic Revival* "if we are to find oneness we will only find it in the three experiences of being. Connection with earth, with self and with the divine".

There will be time for individual reflection, embodied exercises, visualisations, space to draw upon the imagination and creative flow of our inner nature and the green spaces of Mother Nature as well as an opportunity to share with like-minded souls.

Sandycove is an idyllic little cove situated just 5 km from Kinsale, the Gourmet Capital of Ireland.

## ***Your hosts for this event:***



**Karyn Prentice and Monica Ross** are both Senior Faculty at the Coaching Supervision Academy.

**Monica Ross** is an Embodied Leadership Coach, Coaching Supervisor and Dialogue Facilitator.

**Karyn Prentice-Fletcher** is an accredited Coach and Supervisor, Retreat Leader and Writer.



**Cost:** (includes workshop fee, course materials & light healthy lunches)

**Early Bird:**                      **June 30<sup>th</sup> to 1<sup>st</sup> August**                      **€325**

**Full cost:**                      **2<sup>nd</sup> Aug to early November**                      **€350**

For booking details please contact:

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