



# ANANDA programmes

for Mindfulness  
NEWSLETTER  
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Don't worry about what the  
WORLD needs.

Ask what makes you come  
ALIVE and do that.

Because what the WORLD  
needs is people who have  
come alive.

Howard Thurman

Happy St. Patrick's Day to you all. I hope that you are well and enjoying the beautiful yellow daffodils that are bringing so much brightness and promise through their display despite our difficult winter.

## LATEST NEWS

I have recently returned from further training at the Center for Mindfulness, University of Massachusetts Medical School, outside Boston. It was a wonderful renewal time and a gift for me to receive from the abundant well of inspiration and knowledge that they share so readily there. The training was given by Florence Meyer and Melissa Blacker, both senior MBSR teachers and Directors of Oasis, - the Center for Mindfulness' Institute for Education and Innovation. There were 41 of us attending from all over the world, China, Europe, Mexico, Canada and, of course, the U.S. This was my final training in order to receive Certification as a Senior Mindfulness Teacher from the Center for Mindfulness.

## MBSR TRAINING IN IRELAND

As I am keen for the Jon Kabat-Zinn Mindfulness lineage to be strengthened here in Ireland, I am very pleased to be able to say that Florence Meyer has confirmed to me that she will come to Ireland and we will together hold a MBSR Practicum Training here. The time frame for this has to be confirmed and it will be either next year or in 2013. In the meantime, if you are interested in preparing for this Practicum Training and developing skills in order to work with the MBSR Programme, you can let me know your interest in this.

## MINDFULNESS IN ADDICTION

I now give Mindfulness classes at a new addiction recovery center, Toranfield House, in Enniskerry, Co. Wicklow, twice a week for recovering addicts. Because of this, I was delighted to have the opportunity while in Boston to spend time with Zayda Vallejo who co-developed a Mindfulness programme called Mindfulness-Based Approach to Relapse Prevention (MBRP) and to learn about this curriculum from her. This Programme is the MBSR adapted specifically for recovering addicts as a relapse prevention tool. As scientific research has proven a very strong link between stress and relapse, I feel that this is an essential support for this grouping. Toranfield House is including Mindfulness as an integral part of the recovery programme and I am delighted to be working in an environment that is committed to offering this life-skill at such a level.

## THE MINDFUL CHILD

I am holding a one day Mindful Child workshop on Saturday 28th May with Bridie O'Grady at The Novara Centre in Bray. We will be introducing simple Mindfulness techniques and practices which can be used with primary age children whether as a parent, a teacher or as a grandparent. If you are interested in this please email and we can book you in. More information will be posted on the [www.ananda.ie](http://www.ananda.ie) website next week.

## OTHER MINDFULNESS CLASSES

There is an 8 week MBSR Programme starting Thursday 24th March at 3.15 pm. This is my final MBSR Programme this side of September. There are [Day of Mindful Living](#) workshops and a [Renewal Day for MBSR Graduates](#) coming up and if any of these interest you or someone you know, just let me know.

## ENJOY THIS SPRINGTIME

I hope your Mindfulness practice is continuing to support you well, remembering that as we practice we strengthen our ability to live more peaceful lives, to enjoy what is and embrace our experiences in the understanding that we have the resilience within to deal with our lives as they unfold.

Lastly, I am attaching a poem, In this Light, written by Jennifer Egert who was a participant in my recent training. Jennifer expresses beautifully how in this light of Mindfulness and awareness we can feel and understand much more clearly.

With great joy and many blessings this Springtime,

Anne Twohig-Wall

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a less  
stressful  
life

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