

## **YOUR INSTRUCTORS**

### **Jane McCool, Ph.D., R.N., AHN-BC**

Jane teaches Mindfulness Based Stress Reduction (MBSR) in the United States. Her experience in holistic health and well-being spans a 30 year nursing career. She is presently a nursing faculty member as well as a consultant to the healthcare industry. Her professional interests include the use of contemplative practices for professional healthcare provider self-care and quality of life enhancement. Jane currently serves on local and national nursing executive and academic review boards and is a member of a number of professional nursing and healthcare organizations.

### **Anne Twohig, Holistic Health Professional**

Anne teaches Mindfulness Based Stress Reduction (MBSR) in Ireland. Anne is very active in the Mindfulness in Education programs in Ireland and was the recipient of the 2008 Social Entrepreneurs of Ireland Award for her work in training Teachers in Mindfulness practices within the Classroom. She has been a holistic health practitioner for the past 15 years and currently guides teens and adults in private practice.

Both Jane and Anne have completed professional training in MBSR through the Center for Mindfulness in Medicine, Healthcare, and Society at the University of Massachusetts Medical School.



**'I would love to live like a river flows,  
Carried by the surprise of its own unfolding'**  
*John O'Donohue*

### **ADDITIONAL INFORMATION**

**For additional information and to  
register for this program, please visit  
<http://www.ananda.ie/>**

**This trip is limited to 20 participants.  
Reservations will be accepted through  
November 30, 2010.**

# THE MINDFUL WAY WELLNESS PROGRAMS

**MINDFULNESS FOR HEALTHCARE  
PROFESSIONALS  
The Fine Art of Self-Care**

**COUNTY WICKLOW, IRELAND  
JANUARY 2-8, 2011**



**'Mindfulness is a simple concept. Its power lies  
in its practice and its applications.'**

*Jon Kabat-Zinn*

We invite you join us on this very special journey to Ireland for a unique opportunity to nourish your Body, Mind, and Spirit through mindfulness practices and Celtic traditions.

At the Mindful Way we understand the unique events that impact the lives of healthcare professionals. To enhance the quality of those lives we have created a mindfulness inspired program that is tailored to those who are a healing presence for others. We believe that the simplicity of mindfulness can lead to a life that is quite peace-filled.

The contemplative practice of mindfulness gently invites us to engage in a non-judgmental observation of our lives, our well-being, and our practices of self-care at the present moment in time. As we listen deeply and pay attention to the sounds of our often cluttered and noisy inner and outer worlds we can begin to craft a state of inner balance, a kind of oasis, where we can learn to engage in a responsive rather than reactive approach to the experiences of each day. Through this practice we are able to develop an understanding of ourselves and our lives in new and often surprising ways.



## LOCATION

Located within the “The Garden of Ireland” you will discover a world of peace, tranquility, and warm Irish welcome at the award winning Brook Lodge & Wells Spa, Macreddin Village, Co. Wicklow, Ireland. Enjoy organically certified foods that have been sourced from local artisans, luxurious accommodations, a state of the art destination spa and most importantly, time for yourself... to be yourself.

*Enjoy a tour at [www.brooklodge.com](http://www.brooklodge.com)*



*BrookLodge & Wells Spa*



*Glendalough*

## THE SELF-CARE PROGRAM INCLUDES

A Private Guest Room  
at the BrookLodge and Wells Spa  
*(Seven Days, Six Nights)*

Full Gourmet Breakfast, Lunch, and  
Dinner daily

An Educational Program for Health  
Care Professionals  
*(materials provided)\**

Mindfulness Meditation

Gentle Yoga

Mindful Walking in the  
Macreddin Woods

Deep Listening and  
Reflective Inquiry

Celtic Dance, Music, and Folklore

A Guided Journey through ancient  
Celtic Glendalough

The spa experience of your choice

Use of all resort facilities

Luxury return coach transfer from  
Dublin to BrookLodge and Wells Spa

**COST PER PERSON**  
**\$2900.00 (U.S. Dollars)**

*\*This program is pending approval for 30 contact hours by the American Holistic Nurses Association*