



# CAPACITAR IRELAND

Community Newsletter Spring 2015

[www.capacitar-ireland.org](http://www.capacitar-ireland.org)

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## Welcome to Our New Capacitar Foundation Graduates!

We are delighted that our first Irish facilitated Foundation Training has just been successfully completed. Congratulations to all who participated and welcome to the Capacitar Community.



**2015 – 2016**

## Foundation Training Starting in Cork

Following on the success of our recent Foundation training we are now enrolling and registering people for our next Foundation Training to be held in Cork:

- 1st Workshop: 16 -17th May 2015
- 2nd Workshop: 12-13th Sept 2015
- 3rd Workshop: 6-7th February 2016
- 4th Workshop: 14-15th May 2016

Contact Siobhan for more details

## National Mentoring Day

Saturday April 18<sup>th</sup> in All Hallows, Drumcondra 10.30-4pm

If you have completed the Capacitar Foundation Training and want to refresh your skills, learn new practices and meet and share ideas with other graduates from around the country then don't miss our next National Mentoring Day on Saturday 18<sup>th</sup> April. It will include a special input on:

- Neuroscience exercises to rewire your brain
- How to clear and activate your chakras with sound and singing
- Labyrinth Walk
- Recap on other Capacitar practices – polarity and figure 8
- Mindfulness

Cost: €25.00 Please book before March 31<sup>st</sup> with Siobhan.

## North East Regional Network

### Bealtaine Gathering

May 16<sup>th</sup>, Carlingford

The North East Network of Capacitar Ireland will hold a Bealtaine Gathering in St Michael's Hall, Carlingford, Co Louth on May 16th, from 10.30am-3.30pm at a cost of €25.00 including a 2 course lunch and tea/coffee and scone on arrival.

For information and bookings contact

Jacinta: [jacintareel@gmail.com](mailto:jacintareel@gmail.com)

tel (0044)7704238713.

## Networking and Communications – Update and Plans

**New Web-site** - We were delighted to launch our new Web-site for Capacitar Ireland – have you checked it out yet? Here's the link: [www.capacitar-ireland.org](http://www.capacitar-ireland.org). You can keep up-to-date with events and training and we are hoping to develop a section soon where Capacitar Graduates can advertise workshops and courses they are delivering based on Capacitar practices.

**Survey Monkey** - In order to update our data-bases we sent out a Survey Monkey which we are hoping all graduates will complete. Several old email addresses bounced back so if you have done the Capacitar Foundation Training and didn't receive the survey please contact Siobhan asap.

### Introductory Days – why not have one in your area?

There have recently been a number of Capacitar Introductory Days in Cork, Newry and Dublin. These are great to introduce people to Capacitar and let them know about our Foundation Training. They are easy to organise and we try to keep the price as low as possible. If you are interested in having one in your area, please contact Siobhan

## Capacitar International

Keep up to date with Capacitar's international developments in other countries.

Register for their newsletter and read about Founder Pat Cane's inspiring work at :

[www.capacitar.org](http://www.capacitar.org)