



CAPACITAR IRELAND

Community Newsletter Spring 2016

www.capacitar-ireland.org

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Pat Cane to lead 2016 -2017 Foundation

Programme in Newry

We are delighted that Pat Cane has agreed to lead the next Capacitar Ireland 4 module Foundation Training in Newry. Module 1 will start in October with modules 2, 3 and 4 following in 2017.

For leaflet and bookings please contact Siobhan at office

25 Participants on Cork Course!

The Cork Foundation Training participants have completed Modules 1 & 2 and will attend Modules 3 & 4 in May and September.

We welcome them all to the wider Capacitar community and look forward to meeting them at our Mentoring and Gathering Days

Dates for your 2016 Diary:

National Mentoring Days

Spring - Saturday 16th April in Portlaoise

Samhain - Saturday 5th November

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 Days. The Spring Mentoring Day will include:

- Recap on Capacitar practices & Introduction of new practices
- Laban Dance with Patty Abozaglo
- The Healing Voice – exploring the Chakras through sound
- Exploring ways to develop Capacitar work in the community

The Spring Mentoring Day on **Saturday 16th April at 10.30am – 4.30pm** in

The Treo Nua Resource Centre, Harpur's Lane, Portlaoise, Co. Laois

Cost: €25.00 Please book by 8th April with Siobhan

Bealtaine Gathering Day

Dundalk Saturday 23rd April

The North East Network of Capacitar Ireland will hold a Bealtaine Gathering Day on:

Saturday 23rd April at 10.00 – 3.30pm

In the Crowne Plaza Hotel Dundalk.

Take the time to celebrate the approach of Summer & connect with your inner wisdom.

30 Euros / £23.50 inc tea & scone & full lunch

Booking essential – contact Clare:

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New Capacitar weekly Wellness Groups

in Dundalk & Carrickmacross!

We are delighted that a new Capacitar Wellness group has begun in the Redeemer Centre in Dundalk on Monday mornings, attended by some 40 participants!

Another new group is due to start shortly in Carrickmacross on Wednesday mornings in the Respond Community Building.

Profiling Capacitar based work

Thanks to all who filled out our Survey Monkey last year and allowed us to update our data-base. This year we want to focus on mapping the different types of Capacitar based training, workshops and practices happening around the country and profile this on our web-site.

Siobhan will soon send out a short template to all graduates to start compiling this information. So if you are running Capacitar based training and workshops please fill this out and return so the information can then be listed on the Capacitar Ireland web-site.

Introductory Days – why not have one in your area?

Last year we ran a number of very successful introductory days around the country. These are great to introduce people to Capacitar and let them know about our Foundation Training. 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