



**Positive Psychology
Creative Writing
Meditation
Stunning Walks
Organic Meals**

17th - 21st August 2013

Douce Mountain Farm

(as seen on Nationwide http://www.doucemountainfarm.com/en/en_video.html)

Sheehy Mountains, 1hr 10min from Cork

TREAT YOURSELF TO

Uplifting positive psychology skills: Positive Relationships, Character Strengths & Assertiveness with Kindness with Michaela Avlund from SOL Wicklow (MSc Cert Positive Psychology, experienced RDS speaker and course facilitator)

Fun creative writing with Vera Cait Walsh
(from SOL Wicklow- Experienced writer & facilitator)

Daily quiet meditation with Gerd Neubeck (based on traditional Zen teachings and Christian contemplation practices),

Amazing organic meals by Renada Neubeck (she grows many of the ingredients on the Douce Mountain farm)

Stunning Scenic walks



€395 single - €350 sharing

Information: Michaela Avlund 086 1692506 or 0404 68645

email: mavlund@eircom.net www.gratitude.ie

MAX: 9 PEOPLE also SUITABLE FOR TEACHERS

BOOKING DETAILS

€ 395 single € 350 sharing

To secure your **Positive Psychology and Creative Writing at Douce Mountain Farm** www.doucemountainfarm.org

Saturday 17th (6pm)- Wednesday 21st August 2013

Please phone or email Michaela

fill out in BLOCK LETTERS and post the cut-out below with cheque (to SOL Productions) or credit card details.

Name(s):.....

Phone:.....**Email:**.....

Address:
.....

VISA/ Mastercard/ Laser No:

Name on Card:

Expiry Date:.....
.....

OR Cheque (made out to *SOL Productions Ltd*):

Cut and Keep

Post to: Michaela Avlund, Positive Psychology , SOL Building, Quarantine Hill, Wicklow Town, Co. Wicklow.

More information: www.gratitude.ie link from homepage or Events page on www.theservantsoflove.com

Contact Michaela at tel: 0404 68645 mobile:086 169 2506 email: mavlund@eircom.net

Monday 20th (6pm)- Friday 24th August 2012



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