

## MONDAYS

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**11:30 - 13:00 Yoga for people living with Chronic Fatigue / M.E.** Adrienne Crowe 01-453 9971; M 086 870 7282 very gentle with lots of rest and 30 min Yoga Nidra. Funded by IMET  
**18:40– 19:55 Yoga for Energy & Relaxation:** 12 week course €160 Anne L'Henoret 087 954 5777 [anne.lhenoret@gmail.com](mailto:anne.lhenoret@gmail.com)

## TUESDAYS

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**11:00 – 12:15 Seated Yoga:** especially suitable for those of reduced mobility, able to climb one flight of steps and ready for a gentle work out! €15 per class; € 50 for 4 classes Adrienne Crowe (IYA dip) 01-453 9971 [adrienne@seraph.ie](mailto:adrienne@seraph.ie) 086 870 7282  
**18:15 – 19:45 Hatha Yoga:** suitable for active over 40's, or those looking for a deep & gentle practice with meditation and *Yoga Nidra* deep relaxation; Adrienne Crowe (IYA dip) 01-453 9971; 086 870 7282 [adrienne@seraph.ie](mailto:adrienne@seraph.ie) 4 week courses each calendar month €50; drop in €15. Complete beginners are very welcome.  
**20:00 – 21:30 Hatha Yoga:** suitable for active over 40's, or those looking for a deep & gentle practice with meditation and *Yoga Nidra* deep relaxation; Adrienne Crowe (IYA dip) 01-453 9971; [adrienne@seraph.ie](mailto:adrienne@seraph.ie) 086 870 7282 4 week courses each calendar month €50; drop in €15. Complete beginners are very welcome.

## WEDNESDAYS

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**12:45 – 14:00 Hatha Yoga:** suitable for active over 40's, complete beginners are very welcome. Adrienne Crowe (IYA dip) 01-453 9971 [adrienne@seraph.ie](mailto:adrienne@seraph.ie) 4 week course each calendar month €50; ; drop in €15  
**18:15 – 19:45 Hatha Yoga:** suitable for active over 40's, or those looking for a deep & gentle practice with meditation and *Yoga Nidra* deep relaxation; Adrienne Crowe (IYA dip) 01-453 9971; 086 870 7282 [adrienne@seraph.ie](mailto:adrienne@seraph.ie) 4 week courses each calendar month €50; drop in €15. Complete beginners are very

welcome.

**20.00 – 21.00 Vinyasa Flow** Orla Conlon 087 290 2128 [orlaandbrian@gmail.com](mailto:orlaandbrian@gmail.com) €12 drop in

## THURSDAYS

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**07:45 – 08:45 am Hatha Yoga:** deep and gentle with meditation Adrienne Crowe (IYA dip) 01-453 9971; [adrienne@seraph.ie](mailto:adrienne@seraph.ie) 086 870 7282 Drop in €12; 4 week course each calendar month €40  
**11:30 - 13:00 Yoga for people living with Chronic Fatigue / M.E.** Adrienne Crowe 01-453 9971; M 086 870 7282 very gentle with lots of rest and 30 min Yoga Nidra. Funded by IMET  
**18:40 – 19:40 Hatha Yoga** with Jennifer & Tony 087 285 3029 Commences 30/10/2014

## FRIDAYS

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**08.30 – 09.30 am Stronger Hatha Yoga:** (includes handstands and headstands etc.) with Adrienne 1-453 9971; [adrienne@seraph.ie](mailto:adrienne@seraph.ie) 086 870 7282 4 week course each calendar month €40; Drop in €12. Class meets most weeks; but please check class is on, sometimes Adrienne takes a weekend off!  
**12:30 – 13:00 Yoga Nidra;** deep relaxation listening to recording: Booking essential 086 870 7282 **FREE**

Venue available for rent during the day, weekends and parts of some evenings

### ONE-TO-ONE TREATMENTS

(available from 10:00, last appointment 16:00)  
Adrienne Crowe 01-453 9971

- Shiatsu; 1 hr €35 or 1 ½ hr €50
- Head Massage; 30 min €20
- Reflexology; 45 min €30 or 1 hr €35
- Hatha Yoga one-to-one 1hr €35

**SHIATSU** – acupressure and passive yoga-like stretches a whole body massage; the client is fully clothed in a tracksuit.

This treatment assists in the release of deeply held tension and emotional issues  
"Psychotherapy through the body"

seraph.ie



- YOGA
- POTTERY
- SHIATSU
- REFLEXOLOGY

Healing and personal growth in body, mind, heart and spirit  
Create changes in the experience of life  
Assist discovery of Wellbeing through different approaches  
Unfold more profound levels of creativity

Seraph.ie  
15 Heytesbury St,  
Dublin 8  
near Camden St  
01 453 9971  
086 870 7282  
[www.seraph.ie](http://www.seraph.ie)  
[info@seraph.ie](mailto:info@seraph.ie)



*'In the rollercoaster of everyday you can experience the eternal presence of your Peaceful Mind.'*

**Seraph is not affiliated to any religious or spiritual teaching**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Early Morning</b>				
			07:45 – 08:45 Hatha Yoga: Adrienne	08:30-09:30 Stronger Hatha Yoga:
<b>Late Morning</b>				
11:30 – 1 Yoga for M.E. / Chronic Fatigue	11 - 12:15 Seated Yoga: Adrienne		11:30 – 1 Yoga for M.E. / Chronic Fatigue	
<b>Lunch &amp; Afternoon</b>				
		12:45 - 2 Hatha Yoga; Adrienne		12:30 – 13:00 Yoga Nidra
<b>Early Evening</b>				
6:30-7:45 Hatha Yoga: Anne L'Henoret	6:15- 7:45 Hatha Yoga: Adrienne	6:15- 7:45 Hatha Yoga: Adrienne	6:40 – 7:40 Yoga w/ Jennifer & Tony	
<b>Late Evening</b>				
Private Yoga Class w/Jennifer	8 - 9:30 Hatha Yoga: Adrienne	8 – 9 Vinyasa Flow w/Orla	Closed meditation session	

**Meditation Class:** closed meditation groups hire the rooms to meet and sit.

**Friendly disclaimer;** the management of Seraph does not necessarily share the views and opinions expressed by all those that use this space.

**Venue available for rent during the day, weekends and parts of some evenings** For further info on renting this space **T** 01-453-9971 **M** 086 870 7282

*“Creativity is as natural as breathing, but in an industrial world we seem to have forgotten the satisfaction of just... making things.”*



### CLAY DAY PLAY DAYS AT SERAPH

**Adrienne Crowe 01-453 9971 M 086 870 7282**

Small classes exploring clay & creative empowerment  
In a class of less than 6 people you have the opportunity to work in Adrienne Crowe's craft pottery studio. She is available to assist you in the expression of your ideas.

In the first hour clients settle into the studio. They are encouraged to be prolific and experimental. All work is brought on to the next phase, even pieces that initially do not seem to please, can be transformed when glazed.

After a light lunch (included) folks settle into a period of intense activity, both working on their own projects and learning to make pots on the wheel.

**Saturdays: 12:00 – 17:30:** 2015; 31 Jan ; 28 Feb ; 28 Mar; 25 Apr; 30 May; 27 June

€85 per class: includes light lunch; returning to the studio at a later date to glaze pieces after 1<sup>st</sup> firing and prior to 2<sup>nd</sup> firing.

**BOOKING ESSENTIAL:** €40 non-refundable deposit secures a place

*‘If we do not ask how can we learn?’*

### YOGA CLASSES AT SERAPH

Mats are provided - they are washed every few months, it is of course always more hygienic to use your own. Little blankets, eye bags and blocks are also available.

#### Classic Hatha Yoga

**Adrienne Crowe:** 086 870 7282

Expect a meditative class, focussing on the inner dynamics, with seated meditation, and lying deep relaxation (Yoga Nidra) at the end of the evening classes. Postures can be taken gently or with vigour and strength depending on the need.

Clients are encouraged to 'listen in' and always have the option of lying on the floor if they feel that they wish to do so.

*‘I have released more issues in Adrienne's yoga classes than in hours of counselling’*

Pay for €50 four classes on consecutive weeks or €15 drop in. One to one class €35

If you are "dropping in" please let her know you are coming and check the website to see if that class is on that day... sometimes she takes holidays...

Classes are small, gentle and **inclusive of beginners**, (except the stronger class on Fridays). You can move between attendance at one class or another.

**Anne L'Henoret** 087 954 5777

Areas of expertise & personal experience include: Cancer, Depression, Anxiety, Panic Attacks, Stress Relief, RSI & other postural problems. Please book into a 12 week course 087 954 5777

[anne.lhenoret@gmail.com](mailto:anne.lhenoret@gmail.com)

**Jennifer Keegan** 087 285 3029 teaches occasional weekend yoga workshops [jenniferkyoga@gmail.com](mailto:jenniferkyoga@gmail.com)

**Yinyasa Flow:- Orla Conlon** 087 290 2128

First half of practice is dynamic and heat building, slowing in latter half to seated asanas held for a few minutes before moving on to guided relaxation.

[orlaandbrian@gmail.com](mailto:orlaandbrian@gmail.com) €12 drop in ; €32 for 4 week block