

## BREATH OF LIFE

I breathe in 'All That Is'.  
Awareness expanding  
to take everything in,  
as if my heart beats  
the world into being.

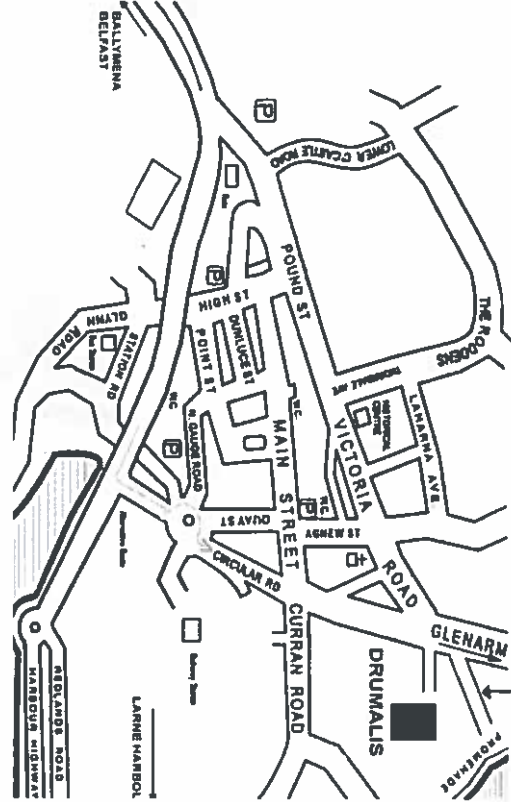
From the unnamed vastness  
beneath the mind,  
I breathe my way into wholeness  
and healing.

Inhalation. Exhalation.  
Each breath a "YES",  
A letting go, a journey  
and a coming home.

- Danna Faulds



## DIRECTIONS



**By Road:** From Belfast take the M2 and leave it at the A8 exit. Just outside Larne leave the A8 by turning left onto Pound Street at the High Rise Flats. Continue straight on, through three sets of traffic lights to the end of Victoria Road, Drumalis gates are directly across the Glenarm Road.

**By Public Transport:** From Railway, Bus and Harbour follow the signs for the Coast Road. Drumalis is on the right before Bankheads Lane before you leave the town.

*If you would like further information about getting to Drumalis, please do not hesitate to contact us.*

*"The breath of life from God came into them,  
and they stood on their feet."*

- Rev. 11:11

## AWAKENING BREATH



**Meeting God Mindfully - Day One**  
Drumalis, Saturday, 3 February 2018

*First in the Series of Four Retreat Days  
with Maria Garvey in 2018, bringing  
together the practices of Christian  
Contemplative Prayer and  
Mindfulness Based Stress Reduction*

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## “AWAKENING BREATH”

SATURDAY, 3 FEBRUARY 2018

About “Awakening Breath” - the first in “Meeting God Mindfully” - a series of four themed retreat days at Drumalis in 2018:

Have you ever felt in certain moments that, somehow, you weren't 'fully there'? Or ... driven your car somewhere and arrived at your destination only to realise you remember nothing about the journey?

In this busy, hyper connected world we live in, it's not uncommon to go to bed at night and not remember much of what went on in the day. That's probably because we've been on automatic pilot for most of it. On autopilot we tend to get lost in all the 'doing'. We almost forget who we are when we are not what we do. We find ourselves constantly striving and struggling to get things ticked off a never-ending 'to-do list'. There never seems to be time to stop and simply savour the beauty of life and we fail to hear what our bodies are telling us. It's almost as if we are sleep walking through our lives and yet feeling less rested than ever. Research shows that the more our minds wander, the less happy we are and the more vulnerable we become to anxiety, stress, and depression.

*“The Spirit of God has made me, and the breath of the Almighty gives me life.” - Job 33:4*

When we make time to stop and mindfully take a breath we come into the present moment. We show up fully for life and all that wants to live in us. When we are able to be fully present we discover that everything we've been searching for 'out there', feelings of fulfilment, peace and wholeness have been within us all along.

*“Therefore, stay awake, for you do not know on what day your Lord is coming.” - Matt 24:42*

In this retreat, through simple contemplative/mindfulness practices of centering, silence, stillness and breathing we will awaken from autopilot and slowly come home to ourselves by moving back from all the 'doing' to find rest and renewal in simply 'being' - lovingly and peacefully present to ourselves and to our God.

### About the retreat-giver:

In a career spanning more than 30 years, as a leader in education, health & social care, community and social enterprise, Maria has brought her experience and knowledge to a wide range of individuals and organizations both nationally and internationally.



Trained in Transformational Leadership, Coaching, Organizational Facilitation, Mindfulness and Spiritual Accompaniment her work is dedicated to empowering people, enhancing wellbeing and optimizing performance in life, work, community and leadership.

Inspiring people to do what inspires them, she facilitates groups, offers leadership coaching and training and teaches Mindfulness Based Stress Reduction (MBSR) and other transformational practices. She is a spiritual companion to a number of people and an experienced retreat leader. Scripture, centering prayer, nature, the creative arts and friendship nourish and sustain her own life and spiritual journey.

### Cost:

The day, which runs from 9:30 am - 5:00 pm, costs £60 (includes morning and afternoon refreshments, lunch and access to a library of guided meditations and other resources.)

Early Bird Rate: £48 payable in full by Monday, 15 January 2018

Series of Four Retreat Days paid in advance - £175

### BOOKING FORM

Name .....

Address .....

Postcode .....

Contact No .....

Email .....

Special Requirements (eg, dietary)  
.....

A non-refundable and non-transferable full payment of £48 per day is required with each early bird booking.

Please return completed Booking Form and deposit to: Drumalis, 47 Glenarm Road, LARNE, County Antrim, BT40 1DT

*Cheques should be made payable to Drumalis.  
We accept payment by credit/debit card.  
Why not save time by paying deposits and booking your place by phone.*