

Gerri's Place: Tranquil Trilogy **(<https://www.activelink.ie/node/111077>)**



Join us for an evening of rest and stillness. All donations will go to Gerri's Place <https://www.gerrisplace.ie/> (<https://www.gerrisplace.ie/>)

Date and time: Sun, 3 Nov 2024 17:00 - 20:30

Location: Swan Leisure, 161 Rathmines Road Lower Dublin 6

About this event

As the autumn season wraps us in its cool embrace, join us for a unique evening as we transition from this season into the winter months ahead.

Escape the brisk air and join us in a warm, inviting space that echoes the serenity of rest and stillness as the year slows down. Set in our indoor haven by candle light, our "Tranquil Trilogy" gatherings are designed to harmonise with the reflective and restful energies of each season's end.

We're excited to offer a nurturing session that will help us transition into the darker days of winter with ease:

Aoife : Dive into a relaxing yoga practice that blends deep connection with your breath, body and consciousness, perfect for the contemplative nature of late autumn of releasing and restoring <https://www.balancedbyaoife.ie/> (<https://www.balancedbyaoife.ie/>)

Aisling: Continuing to weave conscious breath into every moment, enriching our gathering with vibrations that nurtures and reconnects to the heart space. Experience deep rest as we explore the art of slowing down <https://aislingplunkett.com/> (<https://aislingplunkett.com/>)

Denise: Be transported by a sound journey that resonates with the season's stillness, flowing with the ancestral vibrational medicine of the instruments that are going to float you through a soothing and revitalising experience <https://soundhealingtherapy.ie/> (<https://soundhealingtherapy.ie/>)

This event is suitable for all fitness levels.

Tickets are available here (<https://www.eventbrite.com/e/tranquil-trilogy-tickets-1008304204017>)

Region
Dublin 6

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Date Entered/Updated
23rd Sep, 2024

Expiry Date
3rd Nov, 2024

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