

# SAFFRON & SAPPHIRE NEWSLETTER

1 February 2012  
Issue 14



Saffron & Sapphire - 91 Patrick Street - Dún Laoghaire - Co. Dublin  
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## February 2012

By Editor

Dear Friends and Customers,

Welcome to the February edition of our newsletter.

We wish a great [St Brdget's Day](#) to all – we will celebrate it in the shop with Jaya on Thursday 2 February.

Thank you to everybody that participated to our Networking meeting – the February one is scheduled for Friday 17<sup>th</sup> at a later time of 11am.

The year has started well, with some developments and news in store..... here are some: New [Qi Gong Classes](#) are starting in February, at different days and times.

[Reiki Training](#) will take place in the next few months, if you are interested in participating please contact us directly.

A [Singing Bowls Workshop](#) will happen the evening of Thursday 23 February.

## New in store – Singing Bowls

By Editor



Singing bowls produce sound and vibration unique for each bowl and individual. They produce multiple harmonic overtones and the complex influences the body and mind of the player and the surrounding energy. They are used as an aid to meditation, in yoga, music therapy, sound healing, religious services, performances, by health professionals, spiritual teachers, school teachers, musicians, psychotherapists, massage therapists, healers and foremost for personal healing and chakra balancing– cost start from €20.00.

*See more about our workshop on Singing Bowls – If you are reading the electronic edition, click [here](#) to buy it online*

*Please see [Networking Meeting](#) on page 2*

### Inside This Issue

|   |   |
|---|---|
| January 2012  | 1 |
| <a href="#">New in store – Singing Bowls</a>            | 1 |
| <a href="#">St. Bridget's Day Celebration</a>           | 2 |
| <a href="#">Qi Gong Classes</a>                         | 2 |
| <a href="#">Networking Meetings</a>                     | 2 |
| <a href="#">Natural Therapies Open Day</a>              | 3 |
| <a href="#">Travels in India</a>                        | 3 |
| <a href="#">Meditation Classes</a>                      | 3 |
| <a href="#">Singing Bowl Chakra Meditation Workshop</a> | 3 |
| <a href="#">Mind Body Spirit Festival</a>               | 3 |
| <a href="#">Contacts and Practitioners</a>              | 4 |

Feel free to share this newsletter with your friends, family and customers.

If you would like a space to advertise, please contact us – several options are available.

We look forward to welcoming you in our shop.  
Bhola & Antonella



## St Bridget's Day Celebration

By Jaya

Bridget is the Earth Goddess of Ireland, Great Mother of the heart, the homestead, animals, land and the skills of daily life. She is the bridge between Heaven and Earth, the Pleasure elemental principle of Life, lived joyfully, freely, consciously and sensually. This Goddess was so beloved by the people of Ireland that she was retained by Christianity and became known as St Bridge.

One evening to honor and remember her story,

**Thursday 2 February @ 6.15pm**

we will celebrate the fresh appearance of new shoots, green buds and plants, fresh beginnings for ourselves. **RSVP**



### NETWORKING Coffee Mornings for Positive Health Therapies Practitioners



- ★ INCREASE THE RANGE AND NUMBER OF CONTACTS
- ★ GENERATE NEW IDEAS
- ★ ORGANISE EXCHANGE and SWAP OF THERAPIES
- ★ ADVERTISE EVENTS, WORKSHOPS AND SEMINARS
- ★ TRAINING and LEARNING mini-SESSIONS
- ★ MEET NEW PEOPLE

Join us every month - 11.00 - 12.00am

**FRIDAY 22 FEBRUARY**

Suggested contribution: €7.00

Saffron & Sapphire - 91 Patrick St, Dún Laoghaire  
www.saffronandsapphire.com - Tel: 086-4022597

## Qi Gong Classes

By Editor

New classes starting in **Qi Gong**, a practice of coordinating breath, movement, and awareness for exercise, healing and meditation, with roots in Chinese medicine, philosophy and martial arts - to balance one's "qi" or life energy. *For all abilities.*



Please see *Singing Bowls Workshop* on page 3

# Natural Therapies Open Day

By Editor

If you are a practitioner, why not participating to our 3<sup>rd</sup> Natural Therapies Open Day on

**Saturday 3 March @ 12.30 – 16.30**

To have an opportunity to meet new customers and explain about yourself personally.

If you are reading this newsletter online, you can [email us](#) directly for further information.

*"The way is not in the sky.  
The way is in the heart"  
..... the Buddha*



## CHAKRA MEDITATION with SINGING BOWLS

### WORKSHOP

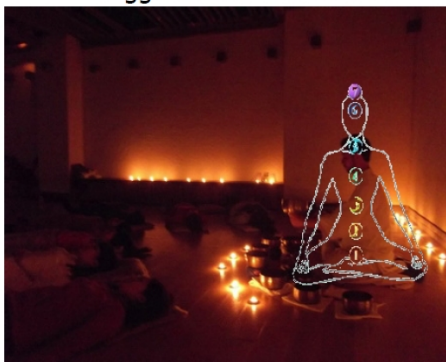
THURSDAY 23 FEBRUARY, 2012

6.00 – 7.00 PM

Deep meditation that will give equal balance to each chakra, will bring inner peace and tranquillity in your life and help achieve your life goals.

An inner experience transferred to you by the singing bowls sound.

Bring your own mat - booking essential.  
Suggested Donation: €10



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## Mind Body Spirit Festival

Visit our stand in the RDS on  
17 – 18 – 19 March  
(shop opening hours are not affected).



Please see *Classes Details* on page 4

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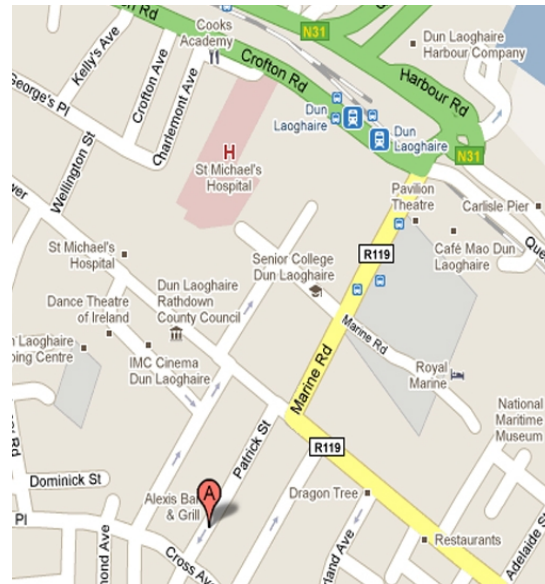
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**We're on the web:**

[www.saffronandsapphire.com](http://www.saffronandsapphire.com)

[www.ethictravels.com](http://www.ethictravels.com)

[www.discoverindia.ie](http://www.discoverindia.ie)



## Classes and Practitioners

**MEDITATION: CLASSES:** Wednesdays, Thursdays and Fridays at 5.30 – 5.55 – €5.00 donations

**HATHA YOGA:** please inquire

**QI GONG CLASSES:** please inquire

**AROMATHERAPY MASSAGE** – by appointment

**KINESIOLOGY:** by appointment

**MERIDIAN CRYSTAL THERAPY** – by appointment

**INDIAN HEAD MASSAGE:** by appointment

**PSYCHIC MEDIUM and TAROT READER:** – Wednesdays, Thursdays, Fridays and Saturdays, by appointment

**REIKI and other HEALING CONSULTATIONS:** by appointment

***“Would you like a space in our newsletter and reach more than 1500 interests? Talk to us”***