

SAFFRON & SAPPHIRE NEWSLETTER



Saffron & Sapphire - 8 Patrick Street - Dún Laoghaire - Co. Dublin
www.saffronandsapphire.com - info@saffronandsapphire.com - Tel: 086 - 4022597

November 2012

By Editor

Dear Friends and Customers,

Welcome to the November edition of our newsletter.

The destination trip to India is over and was very successful. We are putting together a collage of photos and a small presentation for people that may like to view it in the shop. If you are interested in participating to the next trip, please be in touch.

Our [Singing Bowls Meditation Workshop](#) is taking place twice in November, on the 8th (booked out) and on the 22nd - if you wish to book this, please let us know.

We have new exciting products in the shop - see the [new products](#) section in this newsletter and call in person to see them.

We have some upcoming events and promotions -

New in store - Meditation Scented Candles



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see further through the newsletter.

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



Explore the range of our brand new candles, made in the USA. The colour is solid and goes right through. Each candle vibrates with the unique chakra colour and is fragranced with the essential oils associated with that chakra. The wrap-around label provides further detailed information on the chakra and how to balance it - €14.99 each ~ *If you are reading the electronic edition, click [here](#) to buy it online*

Please see *Meditation Event* page 2

Vedic Astrology Consultations

By Gary O'Toole

Planetary Yoga Astrology is a resource dedicated to the ancient Indian science of Jyotish, known as 'Vedic astrology'. An awareness of the natural time cycles of your life will generate an environment in which you will thrive, as you learn to go with your flow. The awareness of your life unfolding naturally will allow you to reconcile your chosen path with the rhythms of the Universe, while taking full advantage of the opportunities which present themselves throughout your life. Vedic astrology shines a light on your journey, giving you tremendous courage to face any obstacles, as well as making the most of your innate talents and blessings. *Gary is available by appointment in our shop*



Hatha Yoga Classes

By Ann Fortune

A YTI certified Yoga teacher, Ann has practiced a number of different styles of Hatha Yoga over the past twelve years, bringing her to many wonderful teachers, each of whom has given her the gift of their knowledge and experience. Ann would like to share this precious gift with others.

Yoga



For You

Whatever your age,
Whatever your physical ability,
Yoga is for you!

So come along and experience the balance
of **Body, Mind & Breath**

This is a very gentle class, focusing on experiencing each pose from within. A space is created within which, you can allow Yoga poses to unfold to the extent to which your body is ready. There is an emphasis on breath with movement to allow you to safely explore your own body - inside & out!

Please see *New Events Show* page 4

CHAKRA MEDITATION

REGULAR CLASSES

*every Thursdays and Fridays
from 17.30 to 17.55
Suggested donation: €5*

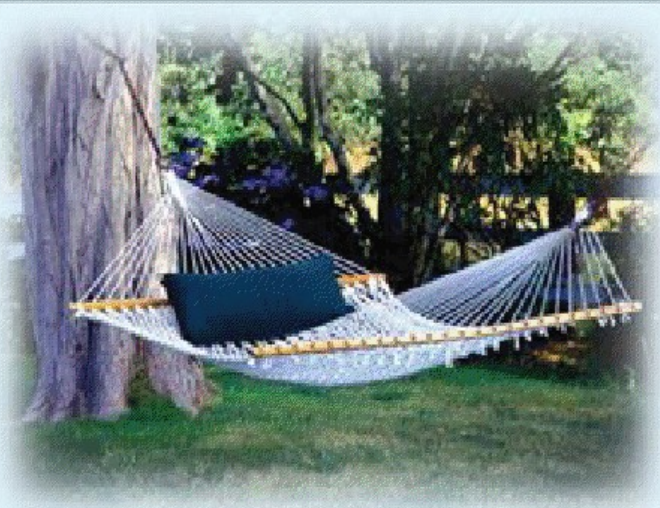
MONTHLY WORKSHOP with Singing Bowls

*third Thursday of the month, from 6 - 7 pm
Suggested donation: €10
booking essential - please bring your
yoga mat and a blanket*

Next workshop Thursday ²² November !

for further information, enquire inside





Every Wednesday 5:00-6:00pm at Saffron and Sapphire...

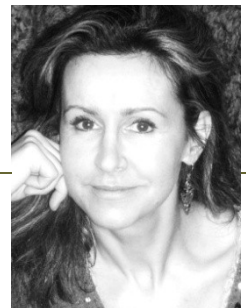
Own your own little piece of heaven

Learn Stress Reduction Techniques to Cope With Stress at Work or at Home using Visualizations, Guided Imagery, Breathing Techniques and Self-Hypnosis - Investment €5

Facilitator: Ivan Lentijs - Clinical Hypnosis Specialist

www.hypnogods.com

"Just as a candle cannot burn without fire, men cannot live without a spiritual life"
the Buddha



The MAHAYANA METHOD

by Mahayana I. Dugast, Agent of Change, Ph.D., Author

The Mahayana Method is a transmission of a 3-step process accessible to absolutely anyone wishing to experience a life that is free from fear & limitations. Having witnessed her own spontaneous remission, Mahayana is dedicated to transmitting this method, inspired from the Greater Mind and delivered as a unique and practical application of metaphysical laws.

Mahayana Method 3-step process:

Step One: Acquiring or increasing vivid awareness ~ Especially when the going gets tough!

Step Two: Understanding how you have been creating by default, and correcting it. Practical application (made easy!) of Quantum Biology (Dr. Bruce Lipton).

Step Three: Exiting the limiting construct & clearing the mind implants that are producing fear and limitations in you and your life . Going beyond the 'Asking Mind'.

Problems solved using this method:

• Cancer • Stress • Difficult parenting • Lack of love • Lack of trust for self • Low self esteem • Relationship problems • Lack of financial resources • Lack of direction in life • Still 'missing something' after years of spiritual practice • Clear energy residue & avoid 'burnout' if you are a therapist/teacher/healer • Dealing with super- viruses

Next seminar is in Greystone, Wicklow 24th & 25th November 2012

FOR FURTHER INFORMATION CONTACT Mahayana at [0873262549](tel:0873262549) or www.mahyanadugast.com/



Saffron & Sapphire

8 Patrick Street
Dún Laoghaire,
Co Dublin

Phone:

+353 (0)86 4022597

E-Mail:

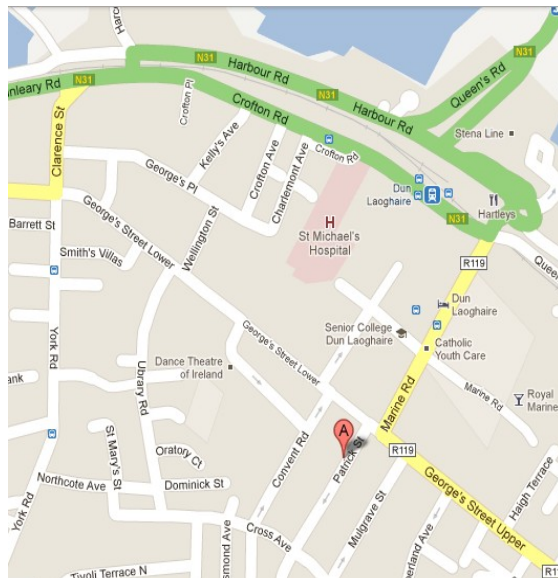
info@saffronandsapphire.com

We're on the web:

www.saffronandsapphire.com

www.ethictravels.com

www.discoverindia.ie



Available Therapies

We have a panel of qualified and experienced practitioners available by appointment in the shop:

VIBRATIONAL HEALING – MEDITATION

AYURVEDIC MASSAGE

TAROT READINGS – VEDIC ASTROLOGY

HYPNOTHERAPY & WORKSHOPS

CRYSTAL THERAPY & WORKSHOPS

ANGEL CARDS READING & MEDITATION

REIKI & HEALING

Upcoming events

Find us at different events in the coming months:

- Christmas Bazaar, Clonskeagh, Nov 24
- Christmas Fair, Enniskerry, December 8–9
- Sundays opening during December *(please note we are no longer attending the market on Sundays in the People's Park)*

Simple Recipes

HOT CHOCOLATE (for 1 cup)

Ingredients:

200ml full fat milk; 30g dark chocolate; 1 soup spoon of cream; 1 cinnamon stick

How to Do It:

Warm the milk in a pan till near boiling point. Take off the heat and add the chocolate in small pieces. Stir well and leave to cool down. Put back on the heat for 3 min stirring continuously with a whisk. Pour in a cup with a spoonful of cream and a cinnamon stick.

See more [recipes here](#)



“Would you like a space in our newsletter and reach more than 1700 interests? Talk to us”