

SAFFRON & SAPPHIRE NEWSLETTER

3 April 2013
Issue 26



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

April 2013

By Editor

Dear Friends and Customers,

Welcome to the April edition of our newsletter.

We preserve our energies through the Winter, sometimes, to use them during Spring and Summer. It is time to plan ahead for the years to come, our renewal promises to be put in place.

We are having two [Singing Bowls Meditation Workshops](#) in April, one on Thursday the 4th and one on Friday the 5th – if you wish to book, please let us know.

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

The newsletter layout has changed, to promote more health and well being information. Any feedback is welcome.

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

If you would like a space to advertise, please

New in Store – Natural Face Packs



We have a selection of natural face pack powders, ready-made recipes picked up from ancient ayurvedic concepts of skin care, to enhance beauty naturally. They are made of fruits and herbs, known to enhance the beauty and nourishment of skin. €4.99 each, available in Sandal, Neem, Tumeric and Papaya

If you are reading the electronic edition – click [here](#) to buy it online

Inside This Issue

April 2013	1
New in store – Face packs / masks	1
April Diary	2
Meditation Workshop with Singing Bowls	2
The Quiet Room	2
Spiritual Trip to India – September 2013	3
Christmas in Kerala – December 2013	3
Adam, Metaphysical Master	3
Healthy Recipes	4
Therapies	4
Upcoming Events	4
<i>(online edition – click on the heading for the link)</i>	

contact us – several options are available.

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



Please see *Meditation Event* page 2

April Diary

By Editor



BOMBAY CHAI loose leaf tea

**BACK in
STOCK**



Pixie Hooded jacket



Beeswax Ear Candles

CHAKRA MEDITATION

REGULAR CLASSES

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

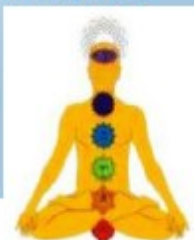
MONTHLY WORKSHOP with Singing Bowls

*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 4th April
Friday 5th April

for further information, enquire inside

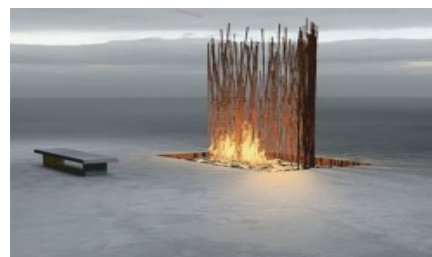


New Owl purses, Fair Trade, €6.99

The Quiet Room

We have now opened our meditation room to anybody who wishes to drop by and get few minutes of relaxation, rest and meditation during their busy schedule. There is an interactive help to facilitate the meditation. We accept donations for the use of the space.

Terms & Conditions apply



Spiritual Trip to India – September 2013

by Editor

The trip in September in India has still few spaces - if you are interested, please enquire as soon as possible.

Details of the itinerary are available online at <http://www.ethictravels.com/spiritual-tour>

Start on the 22nd Sept, the trip will go from Delhi to [Agra](#) (Taj Mahal and surroundings), [Jaipur](#) for sightseeing, shopping and ayurveda treatments [Rishikesh](#) and [Haridwar](#) for meditation, [Chandigarh](#), [Dharamshala](#), [Amritsar](#) and back to [Delhi](#)

Saturday 11th May at 5.30pm

we have a meeting for the intended traveller, please [be in touch](#) to book



ॐ
*"Better than a thousand
 hollow words, is one word
 that brings peace"*
the Buddha
 ॐ



Christmas in Kerala

Visit Kerala in South India at the best time of the year, in December.

During 13 days, we will travel to many locations, including Amma's Ashram, temples and sacred spaces. We will have a chance to enjoy the beaches, a backwater boat trip, see wildlife and tea plantations.

If you are interested, please [be in touch](#) for more information, as well as seeing the full itinerary on our website

(if you are reading this in electronic format, click on the link to open the page)

<http://www.ethictravels.com/kerala-south-india>

Katakali and Kalayarapattu performances can be booked locally.

3-day Ayurveda treatments, Kollam & Goa extensions possible.

Adam, Metaphysical Master

Rev. Adam Higgs is an internationally acclaimed Metaphysical Master from England who is renowned as a Medium, Psychic, Spiritual Healer and Teacher.

He is known as the 'Truth Speaker' because of his honest and straight forward style which gives clarity to all situations, past, present and future.

Adam's gift is giving remarkably clear readings & focused healings that go straight to the core of the issue.

Adam will be available in Saffron & Sapphire at the beginning of August 2013.

For your booking and enquiries, please contact us via phone or email – see the end page of the newsletter.



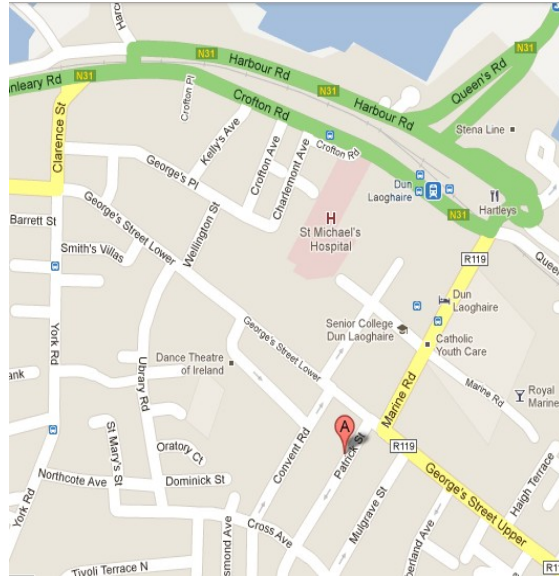


Saffron & Sapphire
 8 Patrick Street
 Dún Laoghaire,
 Co Dublin

Phone:
 +353 (0)86 4022597

E-Mail:
info@saffronandsapphire.com

We're on the web:
www.saffronandsapphire.com
www.ethictravels.com
www.discoverindia.ie



Therapies

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

VIBRATIONAL HEALING – MEDITATION

AYURVEDIC & DEEP TISSUE 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:

- Healing Fair, Kilkenny (*River Court Hotel*), on 14 April
- Wicklow Arts Festival, 25 – 26 May
- *(please note we are no longer attending the market in the People's Park on Sundays)*

Healthy Recipes

PASTICCIO CAULIFLOWER & RICE(for 6)

Ingredients: 1 cauliflower, large; 500g rice, boiled, 4 anchovies, some parsley, few black olives, 50g flour, 80g butter, 0.5l milk, 2 egg yolks, 150g emmenthal cheese, nutmeg, salt & pepper.

How to Do It: Divide the tops and boil the cauliflower in a large pot of hot salted water, for 15 min. Drain and add 60g of melted butter, the chopped parsley, the diced black olives and the chopped anchovies. In a separate pan prepared the bescamelle / white sauce by melting the remaining butter, add the flour, and slowly add the hot milk. Add salt, pepper and nutmeg to taste. Once ready, add the grated cheese and the egg yolks, beaten. Put the cauliflower in a greased oven-proof dish, add the rice and cover evenly with the white sauce. Cook in the oven at 200 for 15min. Serve very hot .

For more recipes, follow [this link](#)

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