



VIKTOR FRANKL

Institute of Ireland

An Accredited Training Institute and Member of the International Association of Logotherapy and Existential Analysis (Vienna)



**Saturday June 24th
One-Day Workshop in Glendalough**

Stoic Mindfulness for Stress Management

Led by Dr. Stephen J. Costello and Jennifer Caulfield

Stress is a situation of strain and pressure. It is a wear and tear on the body, mind, and spirit, and a silent killer. Modern life bombards and besieges us with incessant impingements that seek to overwhelm us. This seminar, set in the stunningly visual environment of Glendalough, aims to interlace theory (lectures) with mindfulness practice (presence to self), contemporary evidence-based psychology with ancient practical philosophy.

Programme

Physiology of Stress - Psychology of Stress
Stress Management - Stoic Perception and the Practise of *Prosoché*
Nature, Philosophy Walking, and the Four Stoic Disciplines
Contemplation of the Sage - Hierocles' Circle

Date: Saturday 24th June, 11am-5pm
Venue: Glendalough Hotel, Laragh, Co. Wicklow
Cost: €80. Limited spaces available
Bookings: drstephenjcostello@gmail.com
www.viktorfranklireland.com