

Phone or Text

ST FLANNAN'S COLLEGE

085 1670326

SPRING 2019

UPCOMING SHORT COURSES

NIGHT CLASSES

STARTING WEDNESDAY MARCH 6<sup>th</sup>, 7.30-9.30

(unless otherwise indicated)

<b>COURSE</b>		<b>DURATION</b>	<b>TIME</b>	<b>FEE</b>
Flowers for Spring	(March 6, 20 and 27)	3 weeks	7.30-9.30	€50
Practical Environmental Studies: Living a Low-Impact Life	<b>NEW</b>	4 weeks	7.30-9.30	€60
Mindfulness and Meditation with Deirdre Devally	<b>FULL</b>	4 weeks	7.30-9.30	€60
Gentle Yoga & Relaxation w/ Karen Brennan	(March 6-27)	4 weeks	7.30-9.00	€50
Skincare for all ages	<b>NEW</b> (March 13, 20 and 27)	3 weeks	7.30-9.30	€50

SATURDAY WORKSHOPS:

MARCH 9:

- **Spanish Tapas**, Demonstration Workshop, 2pm-5pm **NEW** €40
- **Getting Started as a Creative Writer & Staying Creative**, 10am-4pm **NEW** €70
- **Mosaic**, Hands-on Workshop, 10am-4pm **NEW** 100(\*)
- **Journalling for Wellbeing & Creativity**, 10am-4pm **NEW** €70
- **Portrait Painting**, Hands-on Workshop, March 9 **AND/OR** March 23, 10am-4pm **NEW** 70/130(\*)

MARCH 23:

- **Memoir Writing: an Introduction**, 10am-4pm **NEW** €70
- **Stained Glass**, Hands-on Workshop, 10am-4pm **NEW** 100(\*)

**(\*) All materials are included in the fee**

**!! NIGHT CLASSES & SATURDAY WORKSHOPS ARE OPEN TO PEOPLE OVER 18 ONLY !!**

**!! BOOK EARLY TO AVOID DISAPPOINTMENT. !! All courses are subject to sufficient enrolment.**

**!! Applicants will only be contacted if a class is cancelled. If so, all monies will be refunded by post.**

**!! Phone/text Carinne di Francesco, Director of Adult Education, at 085 1670326 for further information.**

**(S19) POSTAL ENROLMENT FORM TO BE RETURNED TO "NIGHT CLASSES, ST. FLANNAN'S COLLEGE, ENNIS"**

Please fill in all details in CAPITALS & enclose fee (cheque or postal order made payable to St. Flannan's College)

Course title: \_\_\_\_\_ Day: \_\_\_\_\_

Name: \_\_\_\_\_

Tel. No. (Mobile): \_\_\_\_\_ (Day): \_\_\_\_\_

Email: \_\_\_\_\_ Fees enclosed: \_\_\_\_\_