



# Positive Psychology and Creative Writing Get-Away

12<sup>th</sup> -15<sup>th</sup> April 2012  
Rossnowlagh,  
Ballyshannon, Co. Donegal  
(la Verna Retreat Centre)



Explore the child within through  
Creative Writing &  
Positive Psychology skills:  
gratitude, optimism and self-compassion.

- Experience the beautiful Rossnowlagh Beach
- The stunning surroundings of La Verna Retreat Centre
- Wholesome homecooked meals (vegetarian available)
- Peaceful and meditative atmosphere.

Creative Writing **facilitated by Vera Cait Walsh**, an awarded playwright and experienced Creative Writing facilitator.  
Positive Psychology Skills **facilitated by Michaela Avlund** (social care BA, Master of Applied Positive Psychology Cert).

- Optional extras: meditation e.g. lovingkindness
- Optional extra: praying with the Franciscan friars
- Optional extra: Daily and/or Sunday Mass

### BOOK EARLY

Price: € 250 per person sharing, Single: € 300  
Thurs.12<sup>th</sup> April evening – Sun.15<sup>th</sup> April 2012  
Travel info: 3 hr drive from Dublin N3

Bus: Dublin-Ballyshannon  
(pick-up can be arranged)

Further information see  
[http://gratitude.ie/pp\\_holiday.html](http://gratitude.ie/pp_holiday.html)  
or ring 086 3961555  
email: [veracwalsh@eircom.net](mailto:veracwalsh@eircom.net)



## BOOKING DETAILS

€ 250 sharing, € 300 single

To secure your **Positive Psychology and Creative Writing Get- Away in Rossnowlagh**, Thurs. 12<sup>th</sup> (6pm)- Sund. 15<sup>th</sup> (incl lunch) 2012

Please phone or email Vera OR

fill out in BLOCK LETTERS and post the cut-out below with cheque (to SOL Productions) or credit card details.

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Name(s):.....

Phone:..... Email:

Address: .....

VISA / Mastercard / Laser No: .....

Name on Card: .....

Expiry Date:.....

OR Cheque (made out to SOL Productions Ltd): .....

\_\_\_\_\_ Cut and Keep \_\_\_\_\_

Post to: Vera Walsh, Positive Psychology Get-Away, SOL Building, Quarantine Hill, Wicklow Town, Co. Wicklow.

More information: [www.gratitude.ie](http://www.gratitude.ie) link from homepage or Events page on [www.theservantsoflove.com](http://www.theservantsoflove.com)

Contact Vera at tel: **0404 68645** mobile: **086 3961555**  
email: [veracwalsh@eircom.net](mailto:veracwalsh@eircom.net)