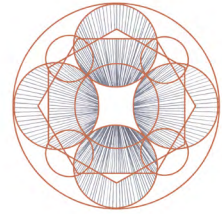


FINDING PEACE & LIVING WITH PURPOSE



DR MARIA QUINLAN

This course combines the transformational power of yogic meditation with photography and writing as a means of exploring our emotions; promoting inner calm; and finding a sense of meaning and purpose in life. It aims to help you to tap into your own intuitive wisdom, and to develop a sense of agency, empowerment, and peace.

HOW IT WORKS

Dr Maria Quinlan has developed a course designed to support people in living their lives from a state of peace, passion and purpose. Drawing on the work of key researchers, writers, philosophers and spiritual traditions, she has curated a set of tools and practices which help to promote a sense of inner calm, and to gain a deep sense of clarity in our thoughts and actions.

This core set of tools, practices and exercises help us to gently explore our feelings, thoughts, experiences and motivations. These are all evidence-informed, and have a strong research base to support their effectiveness in helping us to navigate challenging times and adapt to new ways of living and working. Research has shown that both photovoice and yoga-nidra meditation are powerful, yet gentle, therapeutic interventions in the promotion of emotional and physical wellbeing.

WHO THIS COURSE IS FOR

It is suitable for anyone who would like to create some space to feel a deeper sense of peace and contentment in their lives. This course is designed to be a fun and creative way of getting to know ourselves, our motivations and our passions more fully, and then to make some concrete plans to consciously move towards the life we would like to be living.

TOOLS FOR GROUNDING & CONNECTING



PHOTOVOICE:

A method of using photography as a tool to explore thoughts and feelings



FREEWRITING:

A writing technique to connect with and explore your motivations



YOGA NIDRA:

A traditional style of yogic meditation

TOOLS TO CALM DOWN THE NOISE, GAIN CLARITY & LIVE INTENTIONALLY



Identify the (often hidden) barriers to change and overcome them.



Identifying clear goals and a plan to achieve them



Creating a strategy for sustainable change.

YOGA NIDRA

TURNING DOWN THE NOISE, CULTIVATING PEACE

Yoga Nidra is an ancient meditative practice for deep relaxation and healing, often called a deep yogic sleep. In each session you will be led through a guided Yoga Nidra meditation. The particular technique used is drawn from the work of Dr Richard Miller, who's research has found that Yoga Nidra has a powerful ability to calm our sympathetic nervous system. It is used to counteract the effect of chronic stress and in the treatment of post-traumatic stress disorder (PTSD).

In helping us to find a state of peace – practicing Yoga Nidra is the first step in what Professor Ken Robinson calls 'turning down the noise' in order to access our inner wisdom. By doing this we aim to recover a state of calm, balance – through breathing consciously we gain clarity.

FREEWITING

TAPPING INTO OUR INNER WISDOM AND CREATIVITY

Throughout the course we will use a variety of creative freewriting exercises. Using a mix of writing prompts, we will use writing as a tool, a process, rather than as an outcome. We're not necessarily interested in the product (although that often contains much insight) – rather it's a way for us to have an internal conversation. It allows us to get out in the open the things we are feeling, and to bypass the inner critic. In the tradition of behavioural psychologists such as B.F. Skinner we are writing in order to think rather than thinking in order to write – it allows us to dig our way into a problem, and to tease order out of chaos.

PHOTOVOICE

MAKING SENSE OF OUR EXPERIENCES, GAINING CLARITY

Photovoice is a method of using photography to express ourselves – how we are feeling; our experience of something in particular; our thoughts and opinions about life. Research has found photovoice to be a powerful tool in helping people to navigate challenges and develop a deeper understanding of themselves. It has also been shown to foster what has been termed 'post-traumatic growth' – where people create meaning following difficult life-events.

Photovoice allows us to make sense of things – it allows our unconscious mind, our inner wisdom to guide us. It helps us gain a sense of agency when faced with the parts of life that we can't control. It helps us to identify our own next right step. Each week you will be given a series of photo-prompts and asked to use those prompts to take photos throughout the week. The aim is not to over-think it, don't worry about taking a 'good' photo, the idea is that the photo helps you to articulate something deeper – your feelings, your experiences – to help make sense of your world.



Dr Maria Quinlan is a researcher, lecturer and yoga teacher who combines age old spiritual wisdom with the latest research into how to flourish and unlock our true potential. Maria specialises in the use of creative research methodologies to explore how people experience their world. She has pioneered the use of photovoice in Ireland, her research has focused on how people navigate their lives, overcome challenges and how organisations can help foster wellbeing and connection.

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