



This program will be facilitated by **John F. Doherty** who has been teaching and facilitating groups in the area of Spirituality and Personal Development for 30 years.

For more about John or please visit his website:

[www.johnfdoherty.ie](http://www.johnfdoherty.ie)

This program is a collaboration between **The Beehive Mindfulness School & The Sanctuary Centre.**

It is available as 4 Weekends in-person that take place at The Sanctuary Centre, Stanhope Street in Dublin, Ireland.

After each of the first three weekends in person there are six Zoom online Wednesday evening sessions, finishing with a final weekend in-person.

**Starts Saturday 18<sup>th</sup> October 2025**

**To apply please contact:**

The Sanctuary Centre

**W:** [www.sanctuary.ie](http://www.sanctuary.ie) **E:** [enquiries@sanctuary.ie](mailto:enquiries@sanctuary.ie)

**T:** (00353) 01-670 5419



# MODERN SPIRITUALITY

*for Personal & Professional Development*



In a fast-paced and ever-changing world, people are increasingly seeking meaning, purpose, and balance in their lives. This comprehensive course on Modern Spirituality is designed to empower You on your journey of self-discovery, personal & Spiritual growth, and professional development. Grounded in contemporary perspectives on spirituality, this course embraces diversity and inclusivity, offering practical tools and insights applicable to various belief systems and lifestyles.

## Dates for 2025 / 2026

4 Weekends in-person with 6 online sessions on Zoom on Wednesday nights after the first three weekends (7pm –8.30pm Irish Time)

1st Weekend 18th and 19th October 2025: Saturday & Sunday @The Sanctuary in-person 10am-4pm

6 Wednesdays: 29th Oct, 5th, 12th, 19th, 26th Nov & 10th Dec Online

2nd Weekend 24th & 25th January 2026: Saturday & Sunday @The Sanctuary in-person 10am-4pm

6 Wednesdays: 4th, 11th, 18th, 25th Feb & 4th, 11th March Online

3rd Weekend 28th & 29th March: Saturday & Sunday @ The Sanctuary in-person 10am-4pm

6 Wednesdays: 8th, 15th, 22nd, 29th April & 6th, 13th May Online

4th Weekend 23rd & 24th May 2026: Saturday & Sunday @The Sanctuary in-person 10am-4pm

The program can be taken for personal development with an attendance certificate at the end or can be taken for professional development with assignments after each module and a CPD certificate upon completion.

**Investment: €1200**

**We have a number of Free Open Workshops on Zoom  
Thursdays: 22<sup>nd</sup> May, 19<sup>th</sup> June and 17<sup>th</sup> July  
8pm - 9.30pm - All Welcome  
for Zoom code email [info@thebeehive.ie](mailto:info@thebeehive.ie)**



**Welcome to "Modern Spirituality"** a transformative program where we embark on a journey of spiritual exploration and inner discovery. Throughout this immersive experience, we will delve into the depths of the spiritual domain, recognizing its interconnectedness with our personal lives and within various traditions. Our aim is to cultivate direct spiritual awareness and encounter the sacred within ourselves and the world around us.

### Themes:

**Entering the Castle & The Spiritual Field:** Through mindfulness and ritual, we embark on a collective journey into the deep present, embracing all aspects of ourselves and exploring how spirituality can empower us to navigate life's challenges.

**Facing Death and Encountering the Afterlife:** Through an experiential practice of encountering our own mortality we face death and embrace the afterlife as a way to connect with our spiritual resources and deep dive into our human legacy.

**The Stages of Life, Legacies and Spiritual Autobiography:** We delve into our human biographies and their connection to spiritual growth, uncovering pathways to discover our inner monastery or temple.

**Deep Healing From Tomb to Womb: By immersing ourselves in the Spiritual Field where we encounter being held by grace, presence and love we transform our suffering through mindfulness healing practices and allow new life to energise and empower us.**

**The Inner Monastery:** Using mindfulness, meditation and silence, we connect with our inner sanctuary and tap into the sacred essence within and beyond.

**Spiritual Wellbeing:** We explore the transformative power of spirituality in shaping our perceptions, relationships, and sense of self, fostering empathy, gratitude, and compassion.

**Spirituality & Mindfulness:** Deepen your practice by integrating spirituality, enhancing your inner work through meditation and heightened awareness of spiritual energies.

**Join us on this transformative journey as we unlock the mysteries of the spiritual realm, deepen our connection to the sacred, and cultivate a greater sense of inner peace, purpose, and fulfilment.**