

SAFFRON & SAPPHIRE NEWSLETTER



Saffron & Sapphire - 8 Patrick Street - Dún Laoghaire - Co. Dublin
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December 2012

By Editor

Dear Friends and Customers,

Welcome to the December edition of our newsletter.

We are settling and preparing for the end of 2012 and the beginning of 2013 – we wish to all a peaceful time, for reflection, inwards thinking and serenity with close friends and family.

Our [Singing Bowls Meditation Workshop](#) is taking place on the 13th of December – we may have another workshop on the 22nd – if you wish to book this, please let us know.

We have new exciting products in the shop – see the [new products](#) section in this newsletter and call in person to see them.

We have some upcoming events and promotions – see further through the newsletter.

Feel free to share this newsletter with your friends, family and customers.

New in store – Meditation Stool



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If you would like a space to advertise, please contact us – several options are available.

We look forward to welcoming you in our shop .
Bhola & Antonella



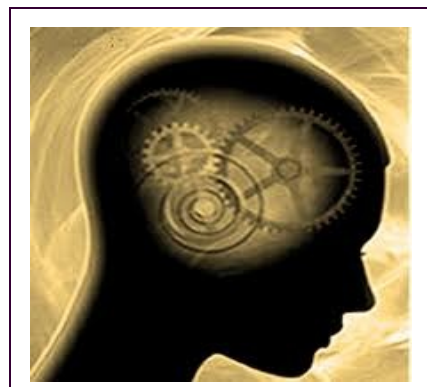
High quality wooden folding meditation stool, let you sit comfortably for hours during meditation and other activities (dimensions approx cm 45 x 20 x 18). Hand Made in Ireland – Available with rounded or flat feet – €58 & €52 respectively each ~ *If you are reading the electronic edition, click [here](#) to buy it online*

Hypnotherapy

By Ivan Lentijo

Re-programme your subconscious mind for a healthier and happier life

Hypnotherapy aims to re-programme patterns of behavior within the mind, enabling irrational fears, phobias, negative thoughts and suppressed emotions to be overcome. As the body is released from conscious control during the relaxed trance like state of hypnosis, breathing becomes slower and deeper, the pulse rate drops and the metabolic rate falls. - *Ivan is available by appointment in our shop for consultations*



Sunday Opening

By Editor

We are open every Sunday during the month of December

Sunday Opening from 1 to 5pm



CHAKRA MEDITATION

REGULAR CLASSES

*every Thursdays and Fridays
from 17.30 to 17.55
Suggested donation: €5*

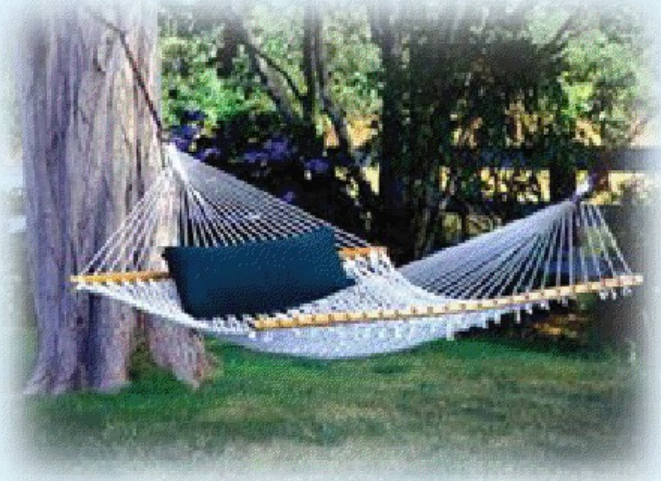
MONTHLY WORKSHOP with Singing Bowls

*third Thursday of the month, from 6 - 7 pm
Suggested donation: €10
booking essential - please bring your
yoga mat and a blanket*

Next workshop Thursday December 13

for further information, enquire inside





Every Wednesday 5:00-6:00pm at Saffron and Sapphire...

Own your own little piece of heaven

Learn Stress Reduction Techniques to Cope With Stress at Work or at Home using Visualizations, Guided Imagery, Breathing Techniques and Self-Hypnosis - Investment €5

Facilitator: Ivan Lentijs - Clinical Hypnosis Specialist

www.hypnogoads.com

*"To walk safely through the maze of human life, one needs the light of wisdom and the guidance of virtue"
the Buddha*



The MAHAYANA METHOD

by Mahayana I. Dugast, Agent of Change, Ph.D., Author

The Mahayana Method is a transmission of a 3-step process accessible to absolutely anyone wishing to experience a life that is free from fear & limitations. Having witnessed her own spontaneous remission, Mahayana is dedicated to transmitting this method, inspired from the Greater Mind and delivered as a unique and practical application of metaphysical laws.

Mahayana Method 3-step process:

Step One: Acquiring or increasing vivid awareness ~ Especially when the going gets tough!

Step Two: Understanding how you have been creating by default, and correcting it. Practical application (made easy!) of Quantum Biology (Dr. Bruce Lipton).

Step Three: Exiting the limiting construct & clearing the mind implants that are producing fear and limitations in you and your life . Going beyond the 'Asking Mind'.

Problems solved using this method:

• Cancer • Stress • Difficult parenting • Lack of love • Lack of trust for self • Low self esteem • Relationship problems • Lack of financial resources • Lack of direction in life • Still 'missing something' after years of spiritual practice • Clear energy residue & avoid 'burnout' if you are a therapist/teacher/healer • Dealing with super- viruses

FOR FURTHER INFORMATION CONTACT Mahayana at [0873262549](tel:0873262549) or www.mahayanadugast.com/

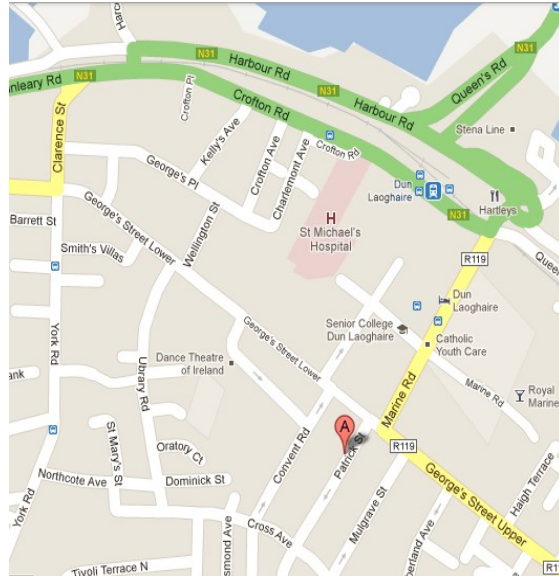


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We're on the web:
 www.saffronandsapphire.com
 www.ethictravels.com
 www.discoverindia.ie



Available Therapies

We have a panel of qualified and experienced practitioners available by appointment in the shop:

VIBRATIONAL HEALING – MEDITATION

AYURVEDIC & DEEP TISSUE MASSAGE

TAROT READINGS – VEDIC ASTROLOGY

HYPNOTHERAPY & WORKSHOPS

CRYSTAL THERAPY & WORKSHOPS

ANGEL CARDS READING & MEDITATION

REIKI & HEALING

Upcoming events

Find us at different events in the coming months:

- DCU Christmas Fair, November 30
- Educate Together, Monkstown
- Sundays opening during December *(please note we are no longer attending the market on Sundays in the People's Park)*

Simple Recipes

LUXURY CHAMPAGNE PUDDING (for 2)

Ingredients:

250g strawberries; 100ml champagne; 100ml fresh double cream

How to Do It:

Place the strawberries and champagne in a shallow bowl and leave for 1 hr to marinate. Preheat the oven to 180C. When the oven is hot, put the bowl inside and leave for 10min. Remove and pour the cream over. Eat immediately!

See more [recipes here](#)



“Would you like a space in our newsletter and reach more than 1700 interests? Talk to us”