

SAFFRON & SAPPHIRE NEWSLETTER



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December 2013

By Editor

Dear Friends and Customers,

Welcome to the December edition of our newsletter.

The [Meditation Classes](#) have resumed as normal every Thursdays and Fridays at 5.30pm, drop in with no need for booking.

The next [Singing Bowls Meditation Workshops](#) in December are on Thursday the 5th and on Friday the 6th – if you wish to book, please let us know.

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

Don't forget about our [Christmas Friday Promotion](#), when you will get a FREE token and have a discount or a free gift.

We are going away with the group in Kerala at the end of the month, so [the shop will be closed from the 25th of December 2013 to the 14th January 2014](#)

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

We look forward to welcoming you in our shop during the Christmas Season. *Bhola & Antonella*

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(online edition – click on the heading for the link)



New in Store Golden Aura Crystal

Golden Aura Crystal (or Imperial Gold Quartz) point – €14.99
The Golden Aura Crystal is a stone of prosperity and abundance. It connects the Heart Chakra with the Solar Plexus Chakra, and it assists with focusing your intentions, manifesting your heart's desires; provides comfort and emotional balance.

If you are reading the electronic edition – click [on this link](#) to buy it online

December Diary

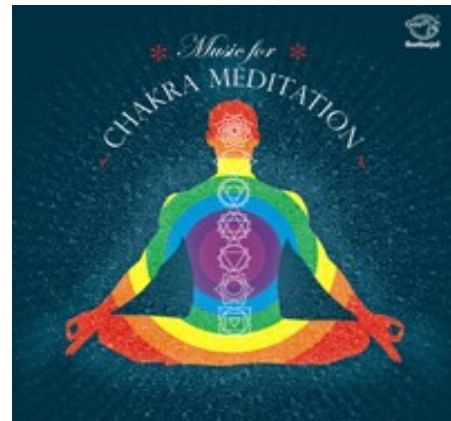
By Editor



Wooden Meditation Stool



in STOCK



click on the picture to buy online

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 5 December
Friday 6 December

for further information, please enquire

**Thursday 6 February &
Friday 7 February 2014**



*Copper
magnetic
bangle
to relieve pain
and help with
blood
circulation*



Japa Meditation Classes

Japa is a spiritual discipline involving the meditative repetition of a mantra or name of a divine power. The mantra may be spoken softly, chanted, or spoken purely within the reciter's mind. Japa may be performed while sitting in a meditation posture, while performing other activities, or as part of formal worship in group settings – Suggested Donation: €10

**THE CLASSES
WILL RESUME
IN FEBRUARY**



December & January Closing days

by Editor

We are joining the group in Kerala at the end of December / beginning of January.

The shop will be CLOSED from
the 25 December 2013
to the 14 January 2014 (inclusive)

We apologise for any inconvenience this may cause and look forward to seeing you all in January



Sorry We're Closed, Please return on the 15 January 2014

Spiritual Trip 2014

We are working on the dates for the Spiritual Trip of 2014. There will be a meeting in mid February. If you would like to attend the meeting, please send us your details and we will keep you posted – contact via email through info@ethictravels.com



Christmas 2013 in Kerala

The group is ready to go to the South of India, we will join the group and the shop will be closed till the 14th of January 2014.

This is the best time of the year to visit Kerala and we will have a lot to report back.

There is still a chance to join if you wish – please enquire

@ info@ethictravels.com or call [086-4022597](tel:086-4022597)

If you are reading this in electronic format, click on the link below to see more information
<http://www.ethictravels.com/christmas>



Christmas Promotion

We are running a promotion during the four weeks up to Christmas. Each Friday starting the 22 November and also the 23 & 24 December 2013, our customers will receive a free token of the value of €2.50, which can be exchanged for a free gift or a discount. For customers who park their car in Dún Laoghaire, this symbolic value will give something back towards the parking fee.

Terms & Conditions apply: 1 token per customer, see more in store



Please see *Classes* page 4

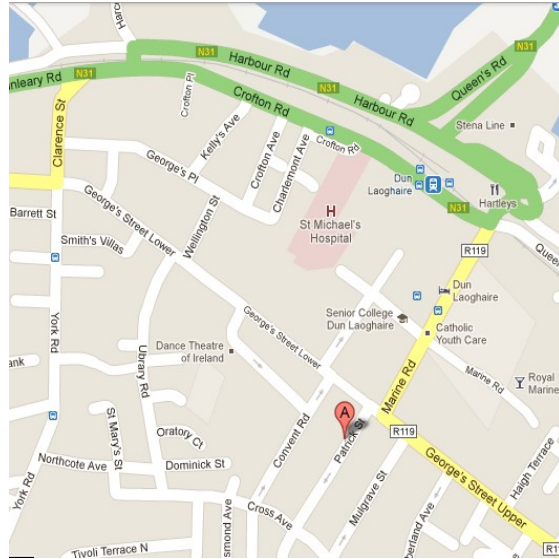


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We're on the web:
www.saffronandsapphire.com
www.ethictravels.com
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OPENING HOURS: Monday – Saturday 10am – 6pm
NOVEMBER & DECEMBER: Sundays 1 to 5pm

Workshops & Classes

MEDITATION CLASSES – Thurs – Fri 5.30 – 6pm

CHAKRA MEDITATION WORKSHOP
every 3rd week, Thur & Fri 6–7pm

JAPA MEDITATION CLASSES – Wed 6–7pm



Healthy Recipes

BRUSSELS SPROUTS WITH GINGER, CHILLIES AND TOMATO (For 4)

Ingredients:

400g brussels sprouts; 3 tomatoes, halved and sliced; 1tbsp olive oil; 1 red onion, thinly sliced; 1tbsp fresh ginger, thinly sliced; 1tbsp soy sauce

How to Do It:

Peel the outer leaves of the sprouts and slice the large ones in half. Bring water to the boil and drop the sprouts in for just half a minute before removing them again. Heat a tablespoon of olive oil in a wide pan and add the sprouts and the red onion. Cook over a medium heat for 2 minutes, then add the chilli, garlic and ginger. After another 2 min, add the tomatoes and soy sauce, cook on medium heat for 5min. Serve immediately.

For more recipes, follow [this link](#).

Find Us also ...
Find us at different events in the coming months:
Mind Body Spirit – March 2014

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