

Permaculture Design Fetac Level 5 - L21818

NEW

This module is designed to provide the learner with a knowledge and understanding of the principles and application of permaculture design. Usually applied in agriculture, this class emphasises Permaculture Design for small-scale intensive gardens, but also offers a lot of solutions for urban environments. We will discuss practical solutions for environmental and social problems, learn the fundamentals of natural building, forest gardening and co-operative economies and most importantly, we will have the opportunity to get our hands dirty with practical classes outdoors where we will learn important skills of raising plants and garden design.

Students will be required to attend 3 supplementary practical classes during the day (arranged to suit your schedule).

Night	Tuesday
Time	6.30-9.00pm
Duration	16 weeks
Course Fee	€280 (including examination fee)
Certification	Fetac Level 5 Component Certificate

Commencement Date Tuesday 4th October 2011

Personal Development

The aim of this course is to introduce the participant to the various methods of improving one's self image and confidence. The programme will encourage each participant to take control of his/her own life. The course encourages participation and emphasises how personal development is an ongoing process.

THE COURSE COVERS THE FOLLOWING SUBJECTS

- Empowerment through taking control of your life
- Dealing with your fears and feelings
- See the effect of your thoughts on the quality of your life
- Increasing your self esteem and independence
- Learning how to live a more balanced life

Night	Tuesday
Time	7.30-9.30pm
Duration	8 weeks
Course Fee	€100

Commencement Date Tuesday 4th October 2011

**Enrolment will take place
on Tuesday 13th September 2011 at 6.00pm**

Pilates Beginners

Pilates is a form of exercise which focuses on the core postural muscles. These muscles help keep the body balanced and are essential for the support of the spine. Pilates also helps to alleviate and prevent back pain. Suitable for beginners and for all ages – gentle form of exercise which is mat based.

Night	Monday
Time	6.00-7.00pm
Duration	8 weeks
Course Fee	€80

Commencement Date Monday 3rd October 2011

Tai Chi and Chi Kung

Gentle and powerful exercise to boost vital energy, reduce stress, ground the mind, increase circulation, strengthen the body and improve your balance and co-ordination. Learn these ancient Chinese practices to reconnect with your body, mind and spirit with a qualified instructor. Take time out for yourself. Relax. Suitable for all ages.

Night	Monday
Time	7.00 – 9.00pm
Duration	8 weeks
Course Fee	€100

Commencement Date Monday 3rd October 2011

Wine Appreciation

This course is the ideal introduction to the fascinating world of wine. Every lecture contains a full disciplined tasting. Relaxed and unpretentious, this course will give you the ability to buy and enjoy all wine, be it French, Australian, sparkling or fortified with complete confidence.

Night	Thursday
Time	7.00-9.00pm
Duration	9 weeks
Course Fee	€180

Commencement Date Thursday 6th October 2011

Yoga Beginners

The unique art of relaxation, using specific stretching techniques to bring a state of peace and harmony. The goal of yoga is to harness the body's vital energy, know as Prana and direction in positive healing ways. Class size is restricted

Night	Monday
Time	6.30-8.00pm
Duration	6 weeks
Course Fee	€70

Commencement Date Monday 3rd October 2011