

IOMLÁN OPEN GROUP HEALING

BEGIN ON A PATH OF CHANGE

FREE SESSION DAILY
MONDAY – SATURDAY
ONE HOUR

SELF HEALING MEDITATION
GUIDED MEDITATION
SEATED MEDITATION
STANDING MEDITATION
WALKING MEDITATION
GENTLE MOVEMENT

DONATION BASIS

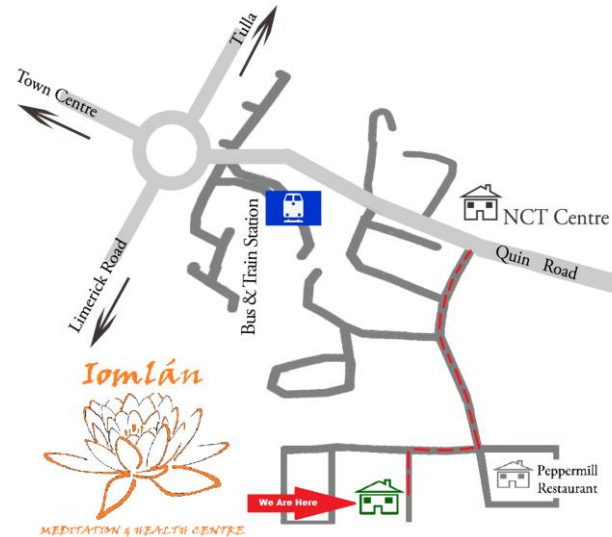
PLEASE CHECK OUR WEBSITE
FOR SCHEDULE

WWW.IOMLANMEDITATION.COM



TRIRÚN YOGA ©

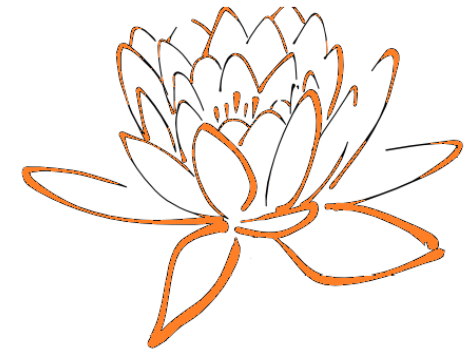
SPIRITUAL LIFE COACHING
FOR ANYONE WHO WANTS TO
ACHIEVE RESULTS



IOMLÁN MEDITATION & HEALTH CENTRE
FERGUS HOUSE, QUIN ROAD BUSINESS PARK,
QUIN ROAD, ENNIS, CO. CLARE
TEL 083 1102686
IOMLAN.ENNIS@GMAIL.COM

WWW.IOMLANMEDITATION.COM

Iomlán



MEDITATION & HEALTH CENTRE

THE PREMIER EDUCATOR
OF
COMPLETE MEDITATION PRACTICE
HEALING ART
SPIRITUAL DEVELOPMENT
IN IRELAND

WWW.IOMLANMEDITATION.COM



TRÍRÚN YOGA ©

TríRún Yoga is a 7-module programme of complete meditation practice; designed and guided by Zanze Pandit, Dean of the Esoteric School.

Module can be taken independently or as part of the fully comprehensive training programme leading to TríRún Healer Professional Certification. No previous meditation or healing experience is required. Training and support for the students are built right into the programme.

The aim of TríRún Yoga is to raise the level of consciousness in participants so that they develop true compassion founded on wisdom.

Once this level of consciousness is attained, an individual may, through the use of the spiritual healing techniques taught in the programme, be able to liberate themselves and others from mental, emotional and physical sufferings.

TríRún Yoga includes materials from:

1. the teachings of Enlightened Master Dechan Jueren, who is the 49th lineage holder of the Esoteric School (Mizong) and the 47th lineage holder of the Linji Chán School (where Rinzai Zen originated from);
2. the teachings and philosophy of Sage Educator Confucius, who is the great commentator of *I Ching – The Book of Change*;
3. and, the practices and philosophy of Huangdi (Yellow Emperor) Daoying Qigong, based on *Nei Ching – The Book of Internal Medicine of Yellow Emperor*.

TríRún Yoga training programme is the result of years of experience dealing with over 1,000 students by Zanze Pandit; inspired by Tara Greenway and Simon Thomas, TríRún Yoga is finally instituted. This is the first time that these teachings have been presented to the public in this format.

1. **TríRún Harmony Yoga** focuses on soothing the mind and purifying the body so you can lead a stress-free and balance life with renewed physical vigour.

2. **TríRún Wisdom Yoga** focuses on developing connection to the cosmos through gentle movements.
3. **TríRún Rejuvenation Yoga** focuses on strengthening, cleansing and enhancing the body from the inside out that leads to rejuvenated health and mental stability.
4. **TríRún Vision Yoga** focuses on healing, opening up and developing the eyes, sight, vision, and the wisdom eye.
5. **TríRún Zen Yoga** focuses on realisation through awareness, which is the key to liberate oneself from the bondage of conditioned mind.
6. **TríRún Medicine Yoga** focuses on the development of healing power. Food, water and air are the three essentials of life; learn to purify them by praying properly. Heal yourself and others with the life prolonging practice of the Medicine Guru Buddha.
7. **TríRún Healer Professional Certification** aims to be the best spiritual healer training programme. The TríRún Healer strives at being a complete healer with conscience, integrity and professionalism.