

# Fringe LAB Summer Programme

## Mind Yourself.

Morning flow workshops

5 weeks, beginning on June 18,  
every Monday – Tuesday – Wednesday - Thursday



When things are busy as they are – meeting deadlines, writing copies, making box office projections – take a moment to disconnect and catch up with your inner self. Working in the arts, our professional, creative and social outputs are naturally connected, but let's not forget to mind ourselves too!

Fringe LAB invites you to a series of new morning workshops to sooth your mind & soul, reconnect and restore your balance. Open to Fringe community of artists and arts professionals, the classes take place from Monday to Thursday in our beautiful and bright Studio 1. Choose between yoga, tai chi, meditation and playfulness to ease into the day in your own true style.

Times: Studio opens at 8.30am, classes start at 8.45am (duration 1h)

Cost: €10/class

## Monday Yoga

With: Máirín O'Grady and Aoife Minitier

Dates: June 18 (Máirín) / June 25 (Máirín) / July 2 (Máirín) / July 9 (Aoife) / July 16 (Aoife)

Times: Studio opens at 8.30am, class starts at 8.45am (duration 1h)

To book contact Máirín and Aoife at: [hello@yogaglas.ie](mailto:hello@yogaglas.ie)

Cost: €10/class



Máirín O'Grady is a Yoga Teacher, Writer, and Studio Owner of Yoga Kitchen. Raised in the long grass and the green fields of Kildare she uses the practice of Yoga to nourish the roots that connect us all.

Trained in Hatha, Vinyasa Flow, Womb Yoga and Yin, Máirín teaches a dynamic and holistic practice that connects you to your breath, body and heart. She is a 500hr Certified Teacher having studied, practised and grown in Ireland, India, and the UK.

Máirín's classes are flowing in style with a connection to seasons, cycles, rest and renewal, and honouring our unique place within this.



Having studied a BA in Fashion Design, Aoife shortly moved to London to pursue a career there. She always loved fitness but truly found a passion for yoga while living in the UK. After a whirlwind three years, she decided to come home to do a Post Grad in Business and Innovation in UCD.

While taking a year off to study she also decided to become a yoga teacher. Shortly after finishing her exams, she got a lot of opportunities to teach yoga and have fully immersed herself into the yoga world.

Aoife's two loves are design and yoga. Although they are two very different fields, in some ways they are similar. She finds the same freedom, passion and creativity in both that can inspire and empower people, which is why she loves to teach.

## Tuesday Playtime!

With: Raymond Keane

Dates: June 19 / June 26 / July 3 / July 10 / July 17

Times: Studio opens at 8.30am, class starts at 8.45am (duration 1h)

To book contact Raymond at: [raymond@barabbas.ie](mailto:raymond@barabbas.ie)

Cost: €10/ class \*all of your monies will go to Dublin Rape Crisis Centre

Come Play with Ray

Playful exercise for the fainthearted.

You don't have to be rich.

You don't have to be cool.

You don't have to be fit...in every sense of the word.

You don't have to be an artist. And if you are there will be remedy for that too.

All you have to be is up for an hour of fun and games, a gentle warm up, and a little 'dance first think later' gentle kinda choreography to sooth and renew the heart, soul and mind. I can guarantee you that you will skip all the way to your weeks' employment or unemployment or both. It's essentially aimed at a place and time where we can gather, play, exercise and give the day ahead it's best chance.



Raymond is a founding member of multi award winning Barabbas Theatre Company. Raymond's work as clown, actor, writer and director has appeared in almost every Irish theatre and on international stages. Recent stage appearances include Nick Roth's Opera *On Hospitality*, *The Taming of the Shrew* at Shakespeare's Globe Theatre, *Hansel and Gretel* with Theatre Lovett and *Ulysses* at Abbey Theatre Dublin Theatre Festival 2017 and is back running at The Abbey....so please come see. He continues to collaborate with Sarah Jane Scaife (Company SJ) on her '*Beckett in the City*' project that continues to tour nationally and internationally. He teaches Theatre of Clown and Theatre Making at National University Ireland Maynooth, Gaiety School of Acting Dublin, The Lir Academy of Dramatic Arts Dublin and The Samuel Beckett School of Dramatic Arts Trinity College Dublin.

## Wednesday Tai Chi

With: Ross Cousens

Dates: June 20 / June 27 / July 4 / July 11 / July 18

Times: Studio opens at 8.30am, class starts at 8.45am (duration 1h)

To book contact Ross at: [ross@masterdingacademy.com](mailto:ross@masterdingacademy.com)

Cost: €10/class

A session with Ross Cousens introducing the principles of Tai Chi. A movement-based mind/body system teaching centeredness, stillness within, relaxation, flow and sensitivity. With a little bit of fun...



Ross is one of a number of qualified Master Ding Academy instructors teaching Tai Chi Chuan and Chi Kung in Ireland. He has been training under Master Ding since 1997 and has been assisting Master Ding with classes, seminars and retreats across Europe since 2001. Ross's teaching aims to integrate the life affirming principles found within the ancient Chinese practices of Tai Chi and Chi Kung, with the hectic lifestyles that we all lead today.

This fusion of the ancient and modern worlds is attained through the mindful practice of Tai Chi and Chi Kung on a daily basis. This inner discipline results in the much sought after Strong Body and Still Mind, as often described by Tai Chi texts.

The benefits? Threefold...

1: Stillness within: Creating a state of stillness within mind and body. Stillness allows clarity, like the clear water in a still pond. Think standing still in a field, the sun shining and a gentle breeze. All is right in the world.

2: Stillness in motion: Carrying stillness into the activity of body and mind. Maintaining clarity while acting. Think of walking through that field, the warm sun shining, I can observe and appreciate the warmth as I move forwards.

3: Stillness preserved: To attain stillness is not enough, we must maintain it when the pressure is on, when we are challenged by the forces of our lives. We are walking in our field and clouds cover the sun, I can maintain the warmth within. I carry it with me.

## Thursday Meditation

With: David Corbally

Dates: June 21 / June 28 / July 5 / July 12 / July 19

Times: Studio opens at 8.30am, class starts at 8.45am (duration 1h)

To book contact David at: [david@dublinhealthclinic.ie](mailto:david@dublinhealthclinic.ie)

Cost €10/class



David has studied and practiced with many meditation masters from Buddhist traditions around the world. Whilst having an interest in all spiritual traditions, David has been a practicing Buddhist since 2006 and follows the Kagyu practice lineage. Over 12 years on, since he embarked on his journey with meditation, David attributes much of the positive changes in his life to his efforts in taming the mind. On a journey of self-discovery and self-healing, David trained in Occupational Therapy and in Acupuncture and Traditional Chinese Medicine. Drawing from his expertise as a health therapist, David brings an all-encompassing view to healing of body and mind.

‘It is with certainty that I can say how much of a positive influence meditation has had on my life. Increasingly, people comment to me on how they are trying to meditate, but they are becoming frustrated, as they cannot “stop their thoughts”. Stopping thought is an impossible task, so it is understandable why people are becoming more frustrated. I decided to start to teach meditation with an aspiration to guide people to find peace and stillness amongst the ever busy and ever changing world we live in.

In my spare time I create visual art, and having many artist friends, I fully appreciate the impact of lifestyle and creative mindset of artists. I find that meditation helps me to embrace and explore my own creativity. I would be delighted to help artists and community to learn meditation and relaxation techniques that may bring benefit to their well being and creative processes. My approach to meditation is of a practical and holistic nature; exploring health through mental, physical, emotional and spiritual experience’.