

THE TARA APPROACH IN IRELAND

The TARA Approach is used for both Self-Care, and in the therapeutic setting, for a spectrum of needs, including the treatment of shock and trauma, sensory integration disturbances and chronic illnesses.

It combines hands on energy applications with the use of language to produce a resurgence of essential empowerment.

Healthcare practitioners, therapists, parents and anybody seeking to enhance their innate potential are invited to join us in Mullaghmore to participate in this incredible body of work.



Developed by Neuroscientist Dr. Stephanie Mines, PhD, The TARA Approach is a clinically tested paradigm, integrating Neuropsychology with a simple meridian based touch system.

"Stephanie is a natural born teacher/healer. Her embodied sense of self and lightheartedness creates a safe container for growth and learning." ~Philomena Hunt, Psychotherapist/Counsellor

No previous experience is necessary to attend.

**Courses are open to all, and will be held at Star of the Sea Retreat Centre,
Mullaghmore, Co.Sligo**

TARA Foundations - October 16-20, 2017

TARA Practicum - October 21, 2017

Advanced Training: Your Structure Tells Your Story - October 23-26, 2017

FOR COURSE DETAILS AND REGISTRATION GO TO TARA-APPROACH.ORG/EVENTS

Or call 087 2213686 for further information.