

wisdom centre

Searching for a quiet space where you can get in touch with your own creative energy through holistic programmes in a quiet setting in Dublin 8 surrounded by a tranquil garden?

...then come and experience the Wisdom Centre with its tranquil garden and excellent reflective and meeting spaces.

Step back from the pressures of life and arrange time for yourself or arrange a team out day, conference or holistic therapies.



Wisdom Centre
Sophia
25 Cork Street
Dublin 8

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E-mail: wisdomcentre@sophia.ie

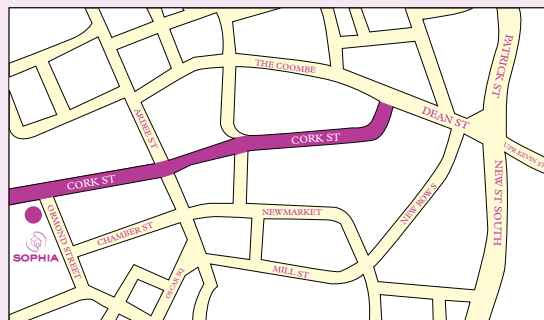
www.sophia.ie

How to find us:

Public Transport

Buses: 77, 77A, 150

Luas: Red Line to Fatima Mansions (7 mins walk)



SOPHIA wisdom centre

A bright and tranquil space
for reflective time, holistic therapies,
courses, training and conferences.



“Wisdom makes all things new...”

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Sophia was founded in 1999 as a collaboration of lay and religious people who came together to provide an integrated service for people who need varying degrees of support. The Wisdom Centre became a reality in 2007 when President Mary McAleese opened this special place of peace and quiet in the heart of Dublin 8. This centre offers a safe place where one can seek wisdom of mind, heart and spirit. It is a space which welcomes people who want to step back from the many pressures of their daily lives and environment.

VISION

To provide and develop opportunities where groups and individuals can gather to explore and develop their own inner wisdom and spirit and to enable them make a positive difference in their lives realising their full potential

MISSION

The Wisdom Centre offers:

- a creative environment
- space for quiet time and reflection
- facilities for courses
 - programmes
 - workshops
 - counselling
- art and holistic therapies e.g. meditation, yoga, dance, music art, aromatherapy ...



Art Room



Conference Room 1



Reflective Space



Aromatherapy Room



wisdom
centre