



'Little Christmas'

Free zoom

Sunday 5th January 2025 10am

Join Zoom Meeting

<https://us02web.zoom.us/j/4938094936>



The Christmas season can be an incredibly stressful time. So much to do! Big family get-togethers, last-minute presents to find and dozens more to wrap. It can feel less merry and bright and more fraught and distraught for many.

As it draws to a close give yourself the *'gift of time'*... for some self-focus!

Join us on the 5th January to help prepare for your own celebration of **'Little Christmas'** on 6th, known in Ireland as **'Nollaig na mBan'** Women's Christmas. This day is also celebrated by other traditions throughout the world and referred to as **'Old Christmas'**, **'Green Christmas'** or **'Twelfth Night'** which marks the feast of the Epiphany.

Destroy the idea that you have to be constantly working or grinding in order to be successful. Embrace the concept that rest, recovery, and reflection are essential parts of the progress towards a successful and ultimately happy life.

Unknown

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