

Meditation and Mindfulness

To help maintain a sense of wellbeing and basic sanity whilst living in a modern speedy world the skill of Meditation and mindful living is essential. The essence of Meditation is being relaxed and aware in the present moment. This course is about increasing your awareness of getting in touch with your true self. Using simple techniques you will be taught mental relaxation and personal awareness.

Course Content:

- Week 1 Mindfulness
- Week 2 Meditate Awareness Work
- Week 3 Personal Work
- Week 4 Angelic Consciousness
- Week 5 Mediation
- Week 6 Wellbeing

Starting Tuesday 29th January 7.00—9.00

Duration: 6 Weeks Cost: €85 Tutor: Pauline Walsh