

MONDAY MEDITATION

6 WEEK COURSE RECONNECTING YOU WITH
YOUR OWN INNER STILLNESS & WISDOM

Learn simple practices to still the mind and drop into the heart

Grounding yourself in stillness giving you a steady platform to go about your daily life

A wonderful opportunity to de-stress and increase the joy in your life

No experience necessary – All are welcome

Monday's at 8pm in the
Greystones Yoga Studio

6 weeks - € 75 Drop in's welcome - € 12

For more information please contact

Elaine at 086 3836354

or Greystones Yoga Studio at 086 8542741