



Practising Mindfulness

with Dr Anne O'Reilly

February 24, March 2, 9, 16

April 13, 20, 27 & May 4

May 18, 25, & June 1, 8 2016

Wednesday Mornings | 10am - 12 noon

Wednesday Evenings | 7pm - 9pm

Cost €55 for four weeks | Deposit €20

Min 10 | Booking essential

Venue: Margaret Aylward Centre for Faith and Dialogue

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