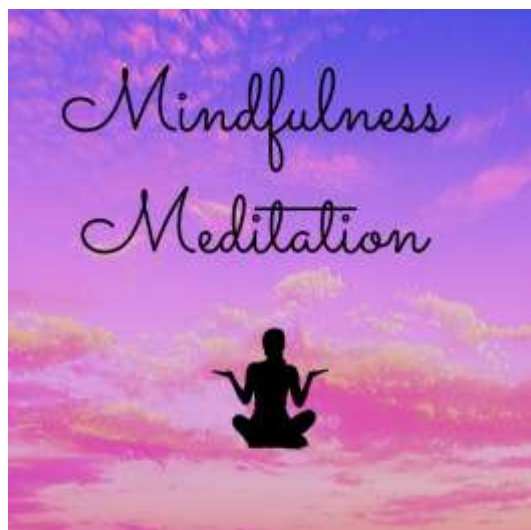


SAVE THE DATE

As part of our International Women's Day Festival of Events 2021



NCCWN – Dublin Region invite you to join us for a

FREE Online Workshop of Mindfulness Meditation

“The Gift of Presence”

Monday 15th March 2021

@ 10.30am – 12.30pm

This relaxing morning offers a gentle introduction into the world of mindfulness meditation. It is perfect for women who are looking to gain insight into how to deal with stress with greater care and compassion for themselves and the world, and live their life more purposefully. Mindfulness facilitator Denise Coleman will explain, teach and guide the meditation practices. These practices will be delivered in a way that is easily transferred into daily life. By the end of the workshop, you will gain insights into:

- ❖ What is mindfulness.
- ❖ The benefits of mindfulness.
- ❖ How to calm the busy mind.
- ❖ How to slow down and tune into your body and senses.
- ❖ How to be kinder to yourself.
- ❖ How mindfulness can help you to respond to stress.
- ❖ How to bring mindfulness into your daily life.



Contact Sandra on 086-1744863 or Tracey on 086-1382482

Places are limited so booking early is advisable

