



Thursdays 9.30am to 10.30am – for 9 weeks

Starts Thursday 15th April 2021

**Online Mindfulness Meditation -
FREE to everyone via ZOOM link**

This weekly meditation is for everybody, whether you are new to mindfulness practice or already have a meditation practice.

This is a great space to touch into a little calm, a little stillness and an opportunity to nurture your health and wellbeing.

The meditation is a 45 minute guided practice led by experienced mindfulness teacher Denise Coleman.

If you would like to participate please contact Sandra OR Tracey on:

086 1744863/086 1382482



Riailtas na hÉireann
Government of Ireland



The Community Mental Health Fund, supported by the Department of Health



An Roinn Leanaí, Comhionannais,
Míchumais, Lánpháirtíochta agus Óige
Department of Children, Equality,
Disability, Integration and Youth