

HEART FUL NESS

KNOWING YOURSELF
IS THE BEGINNING OF ALL WISDOM*

*Aristotle

Learn how to use Heartfulness Relaxation, Meditation & Visualisation for yourself, and with the children in the classroom, to help with stress, focusing, managing emotions, gaining confidence, and making good decisions.

Develop greater harmony in your school.

Training in these valuable skills will be held at the
Mayo Education Centre, Castlebar,
Wed's 7th & 14th Nov and Mon 19th Nov 2018

7pm – 9pm.

Facilitated by the
Heartfulness Meditation Centre in Foxford



Book online at www.mayoeducationcentre.ie
or call **094 9020700** to book your place