

HEART

KNOWING YOURSELF

FUL

IS THE BEGINNING OF ALL WISDOM

NESS

**Aristotle*

Meditation and Relaxation Open Sessions

Dates: Wednesday's 7th, 14th & 21st March 2018

Time: 7pm each evening

Venue: Mayo Education Centre, Castlebar

Facilitated by the Heartfulness Meditation Centre:

Free & Open to all. You can attend 1 or all 3 sessions.

Call 094 9020700 to book your place

