

The Newman Institute

in association with the

Mayo Education Centre



is offering a 4 week course on

An Introduction to Mindfulness

Venue: The Newman Institute, Ballina

Dates: Thursday's
February 2nd, 9th, 16th & 23rd, 2017.

Time: 8.00 p.m. – 10.00 p.m.

Facilitator: Dr. Ann Caulfield.

**Places limited. Call 096-72066
or email admin@newmanii.com to book a place.
Cost €60.**