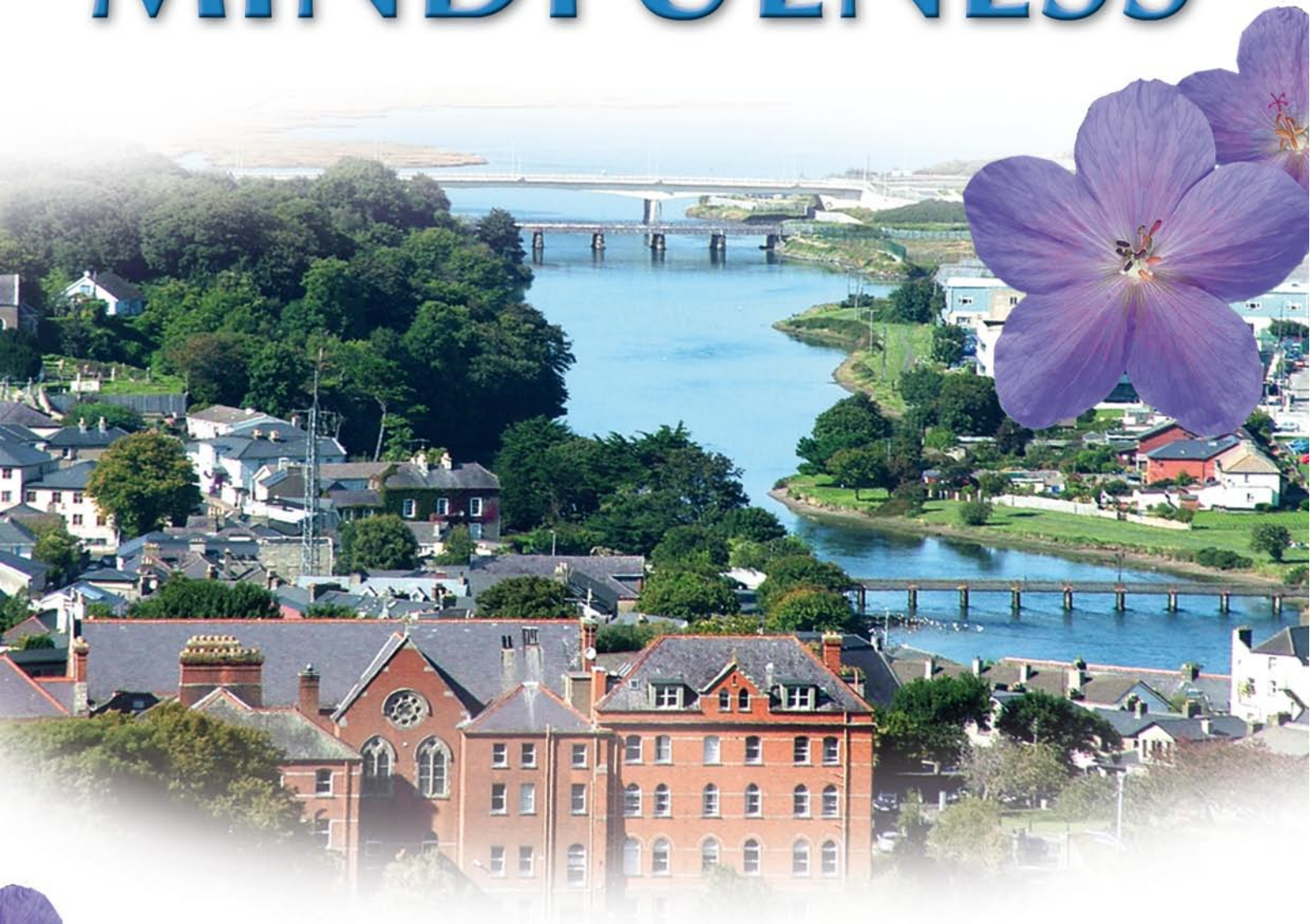


MINDFULNESS



Time to de-stress, find peace, let go of negative thinking and restore your energy

Well known mindfulness teacher John Doherty is offering a free introduction to the practice of Mindfulness in daily life. If you find it's for you why not sign up for an 8 week course on the following 8 Tuesdays?

**Starting 16th September, 7.30pm
at Dominican Ecology Centre,**

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