



ADVENT YOGA & MEDITATION RETREAT DAY

“Prepare the way.... Make straight paths...”

Join us for a silent day of Meditation, Yoga, Mindfulness, quiet reflection and more in preparation for Christmas.

As we enter this busy season, make some time for yourself. Everyone is welcome.



Venue: Anam Ashram, 71 Bancroft Park, Tallaght, Dublin 24
Saturday 26th November 2016 from 9:30am - 5pm

A simple vegetarian lunch will be provided.

Cost: Sliding Scale €10-€50: €30pp covers costs

Anam Ashram is a Christian Ashram community where everyone is welcome to seek God and be nourished by their experience.

www.anamwellnesscentre.com/anamashram



Directions to Anam Ashram:

From the Spawell Roundabout follow the N81 onto the Tallaght road, towards Tallaght. At the next Roundabout, take the second exit which brings you to a smaller roundabout & take the first exit onto the main road. 600m from the roundabout take the second right onto Bancroft Road. Take the next left onto Bancroft Park, and the last house on the left at the end of this road is 71 Bancroft Park or Anam Ashram, just before the green.

Contact
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