

Mindfulness & Self-Compassion Course

“Peace ... It doesn't mean to be in a place
Where there is no trouble or hard work.
It means to be in the midst of those things
and still be calm in your heart. Anon

Where: Core Studio, Glasthule
(beside Carluccio's Restaurant)

When: Thursday evenings 7.30-9.30 pm
April 12th-May 31st 2018

Please contact me for further information:

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