



STILL SPACE

Mindful Movement, Meditation & Relaxation

Rest Restore Retreat

HEIR ISLAND RETREAT CENTRE

SUNDAY 19TH MAY 10AM - 5PM

COST 50 EURO

Would you like to ...

- take some time out for yourself
- engage in gentle meditations, movement and relaxation
 - rest and restore
 - find a still space

If interested please contact

Karen Benn (MSc Mindfulness & Wellbeing / MTAI member)

086-3003145

mindfulmomentsforlife@gmail.com