

## Mindfulness Courses in Devon Park House Salthill



**FREE drop in introductory sessions September 11<sup>th</sup> and 13<sup>th</sup> 11am-1pm**

**Weekend course: Saturdays 10.30am-4pm September 26<sup>th</sup>-Nov 21<sup>st</sup>**

**8 week course: Thursdays 10am-12 noon September 24<sup>th</sup>-November 12<sup>th</sup>**

**Retreat day November 8<sup>th</sup>**

**“Being present, responding with kindness, seeing deeply”**

Mindfulness is an innate capacity of the mind to be aware of the present moment without judgement. It can be developed through specific practices which promote a way of being that helps us lead healthier lives and also to take better care of ourselves and others.

**This training provides a comprehensive grounding in mindfulness where participants will be introduced to a range of mindfulness practices which supports a deepening of our understanding as we explore mindfulness daily.**

**Martina Coyne is a Certified Mindfulness Teacher (U.K.MBI-TAC)**

**Mindfulness Association. Mindfulness Teacher for Adults and Children.**

**Location: Devon Park House 108 Lower Salthill Galway.**

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