**Mindfulness Course dates at a Glance**

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|  | **Salthill** **10-12am**October 6th – November 24th  |  |  | **Week-end Salthill****10-4pm** October 17th December 12th  |  |  | **Ballybane** **7-9pm**October 1st –November 26th  |  |  | **Week-end Ballybane**October -December (tbc pending numbers) |
|  | Times 10-12noon |  |  | Times 10.00am-4pm |  |  | 7-9pm |  |  | 10.00-4pm |
|  | Times 5.30-7.30pm |  |  |  |  |  |  |  |  |  |
|  | SEPTEMBER |  |  | OCTOBER |  |  | NOVEMBER |  |  | DECEMBER |
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| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 |  |  |  |
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| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
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| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
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| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
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| Free Introductory Sessions  | Salthill Devon Park House | Ballybane Enterprise Centre |  |  |
|  | 11TH 7-9pm15th10am-12 | Sept 17TH /24th 7-9PM |  |  |