**Mindfulness Course dates at a Glance**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | |
|  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | s | m | t | w | t | f | s | |  |  | 1 | 2 | 3 | 4 | 5 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | 13 | 14 | 15 | 16 | 17 | 18 | 19 | | 20 | 21 | 22 | 23 | 24 | 25 | 26 | | 27 | 28 | 29 | 30 |  |  |  | |  |  |  |  |  |  |  | |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | s | m | t | w | t | f | s | |  |  |  |  | 1 | 2 | 3 | | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | 11 | 12 | 13 | 14 | 15 | 16 | 17 | | 18 | 19 | 20 | 21 | 22 | 23 | 24 | | 25 | 26 | 27 | 28 | 29 | 30 | 31 | |  |  |  |  |  |  |  | | |  |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | s | m | t | w | t | f | s | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 8 | 9 | 10 | 11 | 12 | 13 | 14 | | 15 | 16 | 17 | 18 | 19 | 20 | 21 | | 22 | 23 | 24 | 25 | 26 | 27 | 28 | | 29 | 30 |  |  |  |  |  | |  |  |  |  |  |  |  | | |  |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | s | m | t | w | t | f | s | |  |  | 1 | 2 | 3 | 4 | 5 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | 13 | 14 | 15 | 16 | 17 | 18 | 19 | | 20 | 21 | 22 | 23 | 24 | 25 | 26 | | 27 | 28 | 29 | 30 | 31 |  |  | |  |  |  |  |  |  |  | | |
|  | | | | | | | | | | | | | | | |
| Free Introductory Sessions | | | Salthill Devon Park House | | | Ballybane Enterprise Centre | | | |  | | | |  | |
|  | | | 11TH 7-9pm15th10am-12 | | | Sept 17TH /24th 7-9PM | | | |  | | | |  | |