

# Mindfulness Course dates at a Glance

<p><b>Salthill Morning</b></p> <p>FREE October 6<sup>th</sup> Introduction@10am</p> <p>8 Week Course</p> <p>October 13<sup>th</sup> – December 1<sup>st</sup></p> <p><b>10-12am</b></p>		<p><b>Week-end Salthill</b></p> <p>FREE October 3<sup>rd</sup> Introduction@10am</p> <p>October 17<sup>th</sup> - December 12<sup>th</sup></p> <p><b>10-4pm</b></p>		<p><b>Ballybane evening</b></p> <p>8 week course</p> <p>October 8<sup>st</sup> – November 26<sup>th</sup></p> <p><b>7-9pm</b></p>		<p><b>Week-end Ballybane</b></p> <p>October -December (tbc pending numbers)</p>
<b>SEPTEMBER</b>		<b>OCTOBER</b>		<b>NOVEMBER</b>		<b>DECEMBER</b>
s m t w t f s		s m t w t f s		s m t w t f s		s m t w t f s
<p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30</p>		<p>1 2 3</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28 29 30 31</p>		<p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30</p>		<p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31</p>
	Salthill Devon Park House		Ballybane Enterprise Centre			
Free Mindfulness session	October 6 <sup>th</sup> @10am		October 1 <sup>st</sup> 7-9pm			

