

Mindfulness Courses at a Glance

Salthill	Week-end Salthill	Ballybane	Week-end Ballybane
September 29 th – November 17 th	October 3 rd – November 28 th	October 1 st – November 19 th	October 18 th – December (tbc)
Times 10-12noon	Times 10.30am-4pm		
Times 5.30-7.30pm			
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
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
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	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	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	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	
	11 TH 7-9pm 15 th 10am-12	Sept 17 TH 7-9PM	

