

# *Exploring Happiness from the inside out*

*'Only that day dawns to which we are awake'*



**Enjoy a day of Mindfulness and peace at The Red Gates,  
Corofin on Saturday May 28<sup>th</sup> from 10.00 am to 4.30pm**

**Cost:** €40- includes morning coffee and lunch,  
booking is essential as places are limited

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Mindfulness is "openly experiencing what is there." It is about having, as full as possible, awareness of what is around us - what we can see, hear, touch and taste, and what is happening inside - our physical sensations, thoughts and feelings.

It is about observing, without getting caught up in our thinking or worrying about what we are experiencing, thus giving us more choice over what we decide to give our attention to.

A day to nurture self-awareness, self-knowledge, kindness and generosity,

Facilitator: Anne Buckley Mindfulness Based Stress Reduction  
Teacher. [www.mindfulnessandstressreductionservices.com](http://www.mindfulnessandstressreductionservices.com)