

Uncovering Compassion

A Day Of Mindful Awareness

'Only that day dawns to which we are awake'



Venue: Red Gates, Corofin, Co Clare

Date: Saturday April 22nd 2017

Time: 10.00 am to 4.30 pm

Cost: €40 includes morning coffee and lunch

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*'Looking after oneself, one looks after others.
Looking after others, one looks after oneself.
And how does one look after others by looking after oneself?
by practicing mindfulness, by developing it, by doing it, a lot'
The Buddha*

A day to gift yourself the time to;

- Bring balance to mind, body and spirit
- Experience inner calm, serenity and harmony.
- Be fully present with who you are

'Peace is present right here and now, in ourselves and in everything we do and see. Every breath we take can be filled with peace, joy, and serenity. The question is whether or not we are in touch with it. We need only to be awake, alive in the present moment' Thich Nhat Hanh