

MINDFULNESS MATTERS AND SO DO YOU!



Venue: Sligo Education Centre

Time: 7.00p.m - 10.00p.m

Date: Wednesday December 6th

BOOKING ESSENTIAL - REGISTER WWW.ECSLIGOCOURSES.COM

Teachers are beginning to value the importance of their own wellbeing as they promote wellbeing in the classroom. Due to demand we are providing a relating and informative session for teachers and staff. These are ideal for all who participated in Mindfulness Matters summer courses with Ann and Derval. It is the perfect opportunity to take “time out” and create a sense of balance and ease in mind a body and to reconnect with simple techniques to keep up the habit and the practice. If you need to refresh and renew book early!