

Basic Meditation Course

On this half day workshop you will learn how to get the benefits from simple and gentle meditation techniques. Meditation has been used for thousands of years to relax the mind and body, and to restore balance and harmony to people's lives. The science behind this technique is now understood as respected mind body experts like Deepak Chopra introduce these techniques to the west.

During this course, you will learn how to quieten the mind and access your 'perfect self', bringing the memory of that experience back into your everyday life. This refreshing experience shows you how to easily become calm and relaxed, during the course of your working day.

Course Bookings: To inquire about availability and for course bookings email mary@innerbliss.ie This email address is being protected from spam bots, you need Javascript enabled to view it or call Mary on 087 202 1727