

Life is a Gift - Living is a Skill

Practical spiritual
wisdom, music and a
guided meditation to
help you reconnect
with your inner center
of strength, peace
and joy

with
**Brahmachari
Shubamrita**

Sun 1st July 3pm
Stillorgan Park Hotel
Stillorgan Rd, Dublin18

Bus routes 46A, 63, 84
and 145 stop directly
outside the hotel

**Free
admission**

Info: tel 087-2214958
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help@ammaireland.org

Amma Ireland,
Reg. Charity No CHY15299

