



Be Here and Now

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

With
Brahmachari
Shubamrita

Admission free

Wed. 30th Nov 7pm
Stillorgan Park Hotel
Stillorgan Road, Dublin 18

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

Info: tel 087-2214958, www.ammaireland.org
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