

### **BE STILL AND KNOW**

Silence, relaxation, breath awareness and visualization in awareness of Divine Presence.  
Guided meditation sessions with opportunity for some individual guidance.



June 9 - 15, 2019 at Ennismore Retreat Centre, Montenotte, Cork. Tel: 021-4502520. Email: [ennismore@eircom.net](mailto:ennismore@eircom.net). Web: [ennismore.ie](http://ennismore.ie)