



BE STILL AND KNOW

Relaxation , Visualization, Body and Breath Awareness – leading to silence and a sense of Divine Presence.

Guided meditation aimed at promoting stillness of body and mind, leaving us more open to intimacy with God. This weekend is an ideal preparation for the practice of Christian meditation and centring prayer, as well as the Eucharistic holy hour.

Friday to Saturday, January 25 - 26, 2019 at Corpus Christi Parish Church, Moyross, Limerick.
Contact Ita Hannon at itahannon@hotmail.com



THE ART OF ALLOWING – The Breath in Meditation and in Life

Experience relaxed natural breathing as a way of becoming open to the Holy Spirit. Participants will be helped to become more deeply aware of the ways in which the breath moves within them

– and to experience where all of this leads us spiritually.

Saturday, February 9, 2019 at Ardfert Retreat Centre, Co. Kerry. Tel 066-7134276; <http://www.ardfertretreatcentre.org/>

; email:

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