



Exploring Mindfulness & Yoga

Gabi Gillessen will explore & compare techniques from the Buddhist & the Yoga tradition.

How do we pay attention?

What best holds our attention? & why?

What is the effect of regularly & consciously paying attention?

How can we stay in the present moment?

Date: 8th November 2014

Time: 9.30–4.30

Venue: Dublin

Booking: Monique 087 9033762

This event will count for 6 CPD hours