

Meditation Class

a human beings centre of feeling
responds to love like a flower
opens to the morning sun
get in touch with your
universal life force
the source of life
and love within



Starting Friday, Feb. 28

O'Donovan's Hotel

44/45 Pearse Street, Room 115
Clonakilty, West Cork, P85 V205

10:00AM

Join Jaananda for a 1-hour intro to Meditation Class. Jaananda teaches practical self-healing through universal life force energy meditation techniques. Please arrive early. Once the class starts it will be a closed session, so don't be late. **Limited seating. 6 Week Course.** Drop-in Cost: €10 per class. Series €50 **SMS Text your name to 083 447 3577 to reserve your place.** For more info: www.jaananda.com