

# Fancy a Holiday for your Brain?



A few hours of Me Time,  
learning ways  
to look after yourself,  
reduce worry  
and increase enjoyment in life?

## 6 week Mindfulness & Positive Psychology course

Every Thurs 11<sup>th</sup> Nov til 16<sup>th</sup> Dec. 7 - 9pm

Venue: Coláiste Mhuire Johnstown

Cost: €70

To enrol contact 087 - 9057118 or ring Coláiste Mhuire at 056 - 8831135

- Learn how to practise mindfulness and how it can affect how you think and feel.
- Discover how your brain is hardwired towards negative thinking and how you can change that pattern.
- Find out how positive psychology can help you become more relaxed and content.
  - Information Evening on all classes
  - 7 - 8pm on Wed 3<sup>rd</sup> Nov in the school - all welcome!