



GUIDED MEDITATION with Michelle A. Hardwick

A PRACTICE THAT WILL BENEFIT EVERY AREA OF YOUR LIFE

Join Michelle A. Hardwick for her Guided Meditation Experience. Suitable for those with busy minds and new to meditation, this will be easy to follow.

Price: €17 per session. Pay as you Go.

Dates: Every Second Monday 7:20 – 8:20pm (Excluding Bank Hols). January 15th; Jan. 29th; February 12th; Feb. 26th; March 12th; Mar 26th; April 9th; May 21st; June 18th; July 2nd

Venue: Passage West PACE Hall (behind Passage West Town Hall & Library) Main Street, Passage West.

Comfort: Wear warm socks & comfortable clothing. Bring a blanket & pillow; Notepad/journal & pen; Drinking water in a bottle. Chairs are provided, if you wish to lie down, please bring a yoga mat.

MP3: Each meditation session will be recorded and sent to you so that you can listen in between sessions and strengthen your practice.

**Millions of people all over the world meditate
- come and experience it for yourself!**



Michelle A. Hardwick

Based in Cork, Michelle creates a safe and nurturing environment. She is highly skilled and her areas of expertise include meditation, hypnotherapy, NLP (Neuro Linguistic Programming) and EFT (Emotional Freedom Technique – tapping). Practicing and teaching internationally since 2005, Michelle's business (Release...Peace) combines potent spiritual tools for evolution and transformational growth. She facilitates regular life-changing week experiences in Ireland and overseas. In addition, one to one consultations for positive change are available in person or on-line.

To register please email - info@michellehardwick.com

Text - 0871492338

Or message ReleasePeaceCommunity on Facebook