

A retreat for adults and families to come home, nourishing joy and peace.

Join us for 4 days of mindful, joyful living. Including: silent and guided meditations; outdoor & indoor programmes; deep relaxation; connecting with nature and time to reflect, create and let go.

All ages are most welcome.

Facilitated by Dharmacharya Dene Donalds and Orlaith O'Sullivan (OI Ireland)







## SAVE THE DATE: 7-10 August 2018

Full details will be published soon at: https://tintomusicandarts.org

This retreat is kindly supported by The Border Collie Sangha