

INTRODUCTION TO MINDFULNESS, MEDITATION AND SOUND THERAPY

**€80
5 Nights**

**With
Bernadette
Murphy**

MINDFULNESS MEDITATION AND SOUND THERAPY

**In these classes you will realise that Meditation & Mindfulness is for everyone,
You will learn breathing techniques & coping tools that will help calm your mind & body,
It's not possible to empty your head of thoughts but you can quieten your mind so that you can focus
on what's important,**

**It's a scientific fact that 90% of illnesses are caused by stress..if we remove stress from our bodies
we become very well which is what we all aspire to be,
Sundara (my business) is an Indian Sanskrit word meaning "to be well",**

**Many people say they just don't know how to meditate or that although they hear the word
Mindfulness everywhere they don't fully understand what it actually means,
In these classes you will learn what all the terms mean & how to introduce the practice into your life
on a daily basis,in each class we will be learning different forms of breathwork & Meditation,
Practice..is exactly what you must do to see the benefits..you will be given the tools to self heal &
reduce anxiety,**

**Sound Therapy is the oldest healing modality on the planet & you will see,hear & feel the beautifully
calming affect it has on your body,mind & soul in the classes,
It will be an introduction to another form of self healing that will only enhance your life,**

