

“A Drop In Mindfulness Meditation is now starting at The Novara Centre on Monday mornings at 9.15 to 10.00 am and Thursday evenings at 6.15 to 7.15 pm.

These sessions are offering a time for stillness and calm, an opportunity to re-connect with your Mindfulness and Meditation practice. A time to simply Be.

Cost is €10 or a donation that is right for you.
Phone: 01 2761745; email: info@thenovaracentre.ie”