

MERCY INTERNATIONAL CENTRE

# CREATIVE MEDITATION RETREAT

**FRI, 26 AUGUST -  
SUN, 28 AUGUST**

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Enjoy a weekend introduction to meditation through art. Participants will learn about art as a spiritual practice, explore prompts in a creative setting, and be encouraged to draw closer to their inner child. All skill levels are invited! Art materials will be provided.

Residential: €300

Non-Residential: €120

**RSVP: [programmes@mercyinternational.ie](mailto:programmes@mercyinternational.ie)**