CREATIVE MEDITATION RETREAT

FRI, 26 AUGUST - SUN, 28 AUGUST

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