

**THE HEARTS JOURNEY – ALIGN WITH OUR TRUTH  
MEDITATION AND SOUND HEALING WORKSHOP  
FACILITATED BY  
TRISH GOWING AND EDEL BOYLE  
ASHE HOUSE, LUSK  
SATURDAY 24<sup>TH</sup> NOVEMBER - 10AM TO 4PM**



**COME JOIN US IN THE BEAUTIFUL SETTING OF**

**ASHE HOUSE**

**Corduff, Lusk, Co. Dublin**

**THEME**

**ALIGN WITH OUR TRUTH**

**EXPERIENCE THE TRANSFORMATIONAL SOUNDS OF GONGS  
AND ANCIENT SOUND HEALING INSTRUMENTS  
MEDITATION, BREATH WORK, KYRIA PRACTICE AND MANTRA  
REFLECTION, GUIDANCE AND GROUP SHARE**



**BOOKING ESSENTIAL, DEPOSIT OF €35 TO SECURE PLACE  
FULL INVESTMENT €70 REQUIRED BY 20.11.18  
PAYMENT VIA PAYPAL <https://paypal.me/EdelBoyle>  
LUNCH NOT INCLUDED – PLEASE ENSURE TO BRING LUNCH**

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