

The Art of Being in Joy

Clarendon Street Spirituality Centre

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Cultivating Joy

Ayurvedic Wisdom

Dr Donn Brennan

Ayurvedic medicine is the ancient Indian philosophy of cultivating Joy
as the foundation of health.

This workshop will relate how Joyful energy, “ojas”, arises from finding and holding a
balance between the mind, body and spirit.

Is our health being compromised by the stress of always working, of always being on the

THIS SATURDAY 8th March

10.00am - 4.30pm.

€50.00

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