**An Ashram Experience**

**2 Options: Residential or Day Attendance**

Korko Moses a Jesuit priest from India, meditation teacher and yoga master, will lead the ashram experience

**Time for:** Meditation

Yoga (gentle stretches)

Spiritual direction

**Time of:** Silence

 Simplicity

 Equanimity

You are welcome for 1, 2, 3, 4 or 5 **nights**. **Day** attendees are welcome from **6.30am – 8.00pm**

**Where:** Stella Maris Retreat Centre, Howth, Co. Dublin

**When:** August 27th to September 21st 2012.

**Cost:** €70 per day **residential** (includes meals)

 €50 per day **non-residential** (includes meals)

As places are limited **booking is essential** and can be done through:

**the Sanctuary** - Email: enquiries@sanctuary.ie or Tel:+353 1 6705419

Booking form and information sheet downloadable from Sanctuary website **www.sanctuary.ie**

More information is available on [www.sanctuary.ie](http://www.sanctuary.ie) and www.stellamarisretreats.ie