



GUIDED MEDITATION with Michelle A. Hardwick

A PRACTICE THAT WILL BENEFIT EVERY AREA OF YOUR LIFE

Join Michelle A. Hardwick for her Guided Meditation Experience. Suitable for those with busy minds and new to meditation, this will be easy to follow.

Price: Free - exclusive to The Maryborough Club Gym Members

Dates: Every Friday in May - 5th, 12th, 19th & 26th (4 week trial classes)

Time: 7pm-8pm

Venue: Fitness Studio

Register: At Gym reception

**Millions of people all over the world meditate
- come and experience it for yourself!**



Michelle A. Hardwick

Based in Cork, Michelle creates a safe and nurturing environment. She is highly skilled and her areas of expertise include meditation, hypnotherapy, NLP (Neuro Linguistic Programming) and EFT (Emotional Freedom Technique - tapping). Practicing and teaching internationally since 2005, Michelle's business (Release...Peace) combines potent spiritual tools for evolution and transformational growth. She facilitates regular life-changing week experiences in Ireland and overseas. In addition, one to one consultations for positive change are available in person or on-line.

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Find Michelle on:

 Twitter - <https://twitter.com/mahardwick>

 Facebook - <https://www.facebook.com/ReleasePeaceCommunity>

 LinkedIn - <http://uk.linkedin.com/in/releasepeace>