

CONNECTING THE DOTS

A 2.5-Day **Transformational Process**

with Mahayana I. Dugast Ph.D.

30-31st Oct & 1st Nov in CORK



YOU HAVE 1 of 2 CHOICES in LIFE:

Hope that things will get EASIER...

OR Become RESILIENT!

YOU ARE FAR MORE POWERFUL THAN YOU WERE LED TO BELIEVE!



LIMITED PLACES

Early Bird Ticket until 30th September

Phone: 087 326 2549 / 021 482 2941

FULL COURSE DETAILS www.mahayanadugast.com

FOR CORPORATE in-house EVENTS [Corporate Mindfulness.ie](http://Corporate.Mindfulness.ie)

Email Mahayana for a FLYER mahayanadugast@gmail.com

GET THE BOOK from AMAZON



PERSONAL CONSULTATIONS AVAILABLE

TEACHER'S TRAINING BEGINS in 2016

