

OPENING TO COMPASSION

An Introduction to the Diamond Approach

The compassionate heart is not only an open heart, it is a heart that is warm, sensitive to the truth, sensitive to who you are. Compassion opens direct contact and communication with your very beingness in a warm, tender, and loving way.

Led by Breda Perrem

Saturday January 26, 2019 10am - 5pm

Bessborough, Blackrock, Cork

60 euro

Questions and registration :

bredap9@gmail.com

087 0518420