

Sr. Stans Free Guided Meditation



The Sanctuary is a meditation Centre for social change in the heart of Dublin City. It is a charity founded by Sr. Stan Kennedy in 1998. The Sanctuary originated with a focus on personal well-being and continues to offer courses on yoga, mindfulness, meditation.

The Sanctuary provides the following free services:

1. Zoom meditation sessions three time a week.
Monday 10am, Wednesday 7.30pm, Thursday 1.15pm.
2. Reiki weekly healing session, Thursday 4pm.
3. If you ever need someone to talk too you can arrange a call with their wonderful volunteers.

Please take advantage of these services. They can be found here:

<https://www.sanctuary.ie>

Also note that they are not only for students but for parents and teachers.