



Positive Community Connections Training Schedule September – December 2017

<p><u>Hospitality Studies</u></p> <p>Food Preparation QQI Level 5 Columb Barracks, Ashe Road, Mullingar Tuesday Mornings 10am – 12.30pm Commencing Tuesday 26th September 2017 12 Week Course Cost: €220</p>	<p><u>Beauty Therapy</u></p> <p>Skincare, Foundation Application, Highlight & Contour, Basic Eye Makeup, Advanced Eye Makeup, Festival/Fantasy Makeup, Blow-dry Techniques, Hair Up-styles, Basic Nail Art & Introduction to Waxing. Tuesday Evenings 7.30 – 9pm (20 Weeks) Commencing Tuesday 3rd October 2017 Cost: €10 per Class</p>
<p><u>Hospitality Studies</u></p> <p>Customer Service QQI Level 5 Columb Barracks, Ashe Road, Mullingar Thursday Evenings 7 - 9pm Commencing Thursday 28th September 2017 12 Week Course Cost: €220</p>	<p><u>Yoga</u></p> <p>Ladies Beginner Session: Wednesday's 7 – 8 pm Open Mixed Session: Wednesday's 8.15 – 9.15 pm Men's Biker Session: Thursday's 8.30 – 9.30 pm Commencing Wednesday 4th October 2017 Ongoing Sessions Cost: €5 per Class</p>
	<p><u>Mindfulness</u></p> <p>Wellbeing, Introduction to Meditation (guided), De-stressing techniques. Commencing Monday 9^h October 2017 4 Week Course Cost: €10 per Class</p>