

workshop with Anne

DARE TO BE HAPPY

friday december 18, 17:30-19:30

MINDFUL AND PURPOSEFUL TRANSITIONS

This year has brought its share of challenges for many of us and for the world at large. How we transition into the new year matters. Consciously leaving behind what we don't want to carry anymore and purposefully creating a vision for the year to come can make all the difference.

In this workshop, we will combine various practices to help us do just that, consciously ending 2020 and purposefully preparing for 2021. There will be some writing, some meditation, some movements, some yoga nidra, and more!

PRICE: 450 NOK

REGISTRATION: aterrayoga@gmail.com

Registration is binding. No refund for cancellation.

www.terrayoga.no

