



FREE YOUR MIND

ON FEBRUARY 2ND WITH INGRID BERGER

Do you know this too?

You find it difficult to relax, to really calm down and to find space from your stressful everyday life? Allow yourself some time out and let Ingrid Berger show you in this workshop how you can use mindfulness to find more calmness and joy, regardless of your external circumstances.

You learn to identify your stress patterns, making it easier to deal with life's everyday challenges.

INGRID BERGER

is a professional coach for mindfulness & resilience, group fitness & personal trainer and a graduate biologist.

DATE

Wednesday, 2nd of February 2022
From 6.00 - 8.00 p.m.

Bookable with two points of your regular class card or as a drop-in for 56€.
Sign-up via our booking system.

STUDIO.12

POSSARTSTRASSE 12 . 81679 MÜNCHEN
+49 89.47 07 87 54 . INFO@STUDIO12-MUNICH.COM
STUDIO12-MUNICH.COM