



## **EXPLORE YOUR ANATOMY**

**INNER SPA.TIME for BODY, SOUL and MIND**

- > bones and organs
- > inner sensing and creative imagination
- > a chair where your feet can touch the ground
- > a place nearby for standing and easy moving
  - > a mat on the floor, if you like to
- > 90min to gently and play.fully BE BODY :)

**SUNDAY NOV.2<sup>nd</sup>, 2025**

**10.00 NYC - 15.00 London - 16.00 Vienna**

**ZOOM ID: 886-8839-0978**