



## SPA.TIME for BODY, MIND and SOUL

Exploring the worlds of our **INNER ORGANS**  
with gentle attention and play.full sensing,  
with creative and anatomy.based imagination.

You might want to prepare

- > a chair that allows your feet firmly resting  
on the ground
- > maybe some space for standing & easy moving
- > a mat on the floor if you like to
- > a blanket if you get cold easily

FRIDAY MARCH 20<sup>th</sup>, 2026

10.00 NYC - 14.00 London - 15.00 Vienna

60min

ZOOM ID: 886 8839 0978