

FLOWER POWER



Saturday
23 June 2018
11 am - 1 pm

FOLD & RELAX
Workshops

FEE

35 Euro
(incl. material, tea, snacks)

INSCRIPTION

contact@kdesignpapier.com

LOCATION

Hiro Pilates Studio
Nymphenburgerstr. 33
80335 Munich

kdesignpapier.com/#workshops

Origami helps to focus attention and concentrate. The mind can calm down, and concentration on a single matter allows us to be present in the current moment.

Many of us wish for a break from stressful everyday life, relaxation, mindfulness and inner peace. Most of us, however, find it difficult to meditate in silence. Rather, a certain activity helps us to unwind and let go.

Experience the meditative aspect of paper folding and join us at a FOLD & RELAX workshop!