

**Saturday  
17 Nov. 2018  
11 am - 1 pm**

**FOLD & RELAX**

Workshops



## PAPERGARLAND

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!

### **FEE**

35 Euro  
(incl. material, tea, snacks)

### **INSCRIPTION**

[contact@kdesignpapier.com](mailto:contact@kdesignpapier.com)

### **LOCATION**

Hiro Pilates Studio  
Nymphenburgerstr. 33  
80335 Munich

[kdesignpapier.com/#workshops](http://kdesignpapier.com/#workshops)