Siltakatu 11, 02770, Espoo

4.10.2023 keskiviikko

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## 16:00-17:15 Harmony Within: A Journey to Mindful Presence

Discover how your body, mind, and spirit can work together smoothly through easy breathing techniques and meditation. Feel inner peace and become more aware. Wear comfy clothes. We'll also chat about simple ways to be open to change and think differently.