

Graceful Acceptance

A BodyMind Approach to WellBeing



Sunday 5 February 2023, 2-5 pm
Yoga in a Bag, 481 Hohlstrasse Zurich

Cost: 80 CHF

To register or for more info:
therapywithbrinda@gmail.com
or call Brinda +41 079 730 8267 or Lucas +41
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In the modern world and especially during stressful times, we are often overwhelmed by anxiety, depression, addictions and other forms of psychic imbalance. We medicate our emotions with food, alcohol, excessive sport, shopping and other things that bring us further away from ourselves. In this workshop we will learn tools to stabilize our emotions through greater body consciousness. Come join us at **Yoga in a Bag** for this interactive workshop to start feeling a deep sense of calm and acceptance in both your body and mind.

Workshop in English, organized by BeautifulMind & LVD Training
Hohlstrasse 481, 8048 Zurich, Switzerland
www.therapywithbrinda.com (Tel. +41 79 730 82 67)
www.lvdtraining.com (Tel. +41 76 205 46 72)



Facilitators :

Brinda Wachs, MA, Jungian Psychotherapist & Psychoanalyst
Lucas Vermot-Desroches, Health Coach & Hypnotherapist

Highlights :

- Body Consciousness & Psychic Balance
- Breathwork, Posture & Meditation
- Nutrition, Physical Activity & Sleep Hygiene
- Hypnotherapy & Emotional Regulation
- Creativity & Self-Expression



We are looking forward to welcoming you to our workshop!
-- Brinda and Lucas