

VMI WELL-BEING ESSENTIALS

KICK START 2022

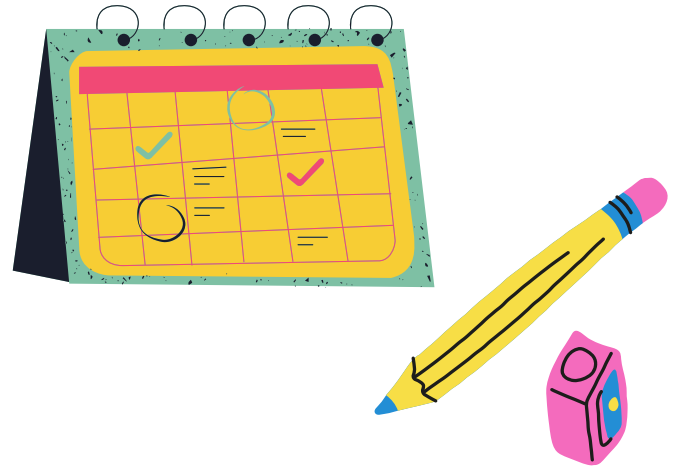
COURSE DETAILS

Format
Virtual Group Sessions

Dates
every second week on Mondays and Thursdays
(24.01.-24.02.)

Conditions
as communicated by VMI Team

Contact
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MONDAYS

24.01.22 | 07.02.22 | 21.02.22

11am Yogic Espresso 15'

Less caffeine, more endorphins.

Join this quick recharge to kick-start your metabolism.

5.30pm Mindful Monday Session 60'

Learn how little breaks throughout the day can help you to deal with stressful deadlines or emotionally challenging situations.

6.30 Soothing Night Cap 30'

Guided Meditation | Yoga Nidra | Creative Visualization

THURSDAYS

27.01.22 | 10.02.22 | 24.02.22

4.30pm Breathing Afternoon Tea 15'

Are you stressed out?

By changing and mastering your breathing, you can easily invite relaxation and peace into your life.

