



## MIND-BODY RELAX MEDITATION (EN/DE)

- RELEARN NATURAL BREATHING
- WIRE NEW WAYS OF DEALING WITH PAIN  
(body-awareness, body-scan & self-compassion)
- RECONNECT WITH YOURSELF
- PREPARE FOR BETTER SLEEP
- IMPROVE OVERALL WELL-BEING
- REBALANCE & HEAL

REGISTRATION IS MANDATORY / MAX. 10 participants / Open to all - no prerequisites  
citySTILLE: [www.citystille.com/contact](http://www.citystille.com/contact) or  
KINEMEDIC: 1010 Wien, Gonzagastraße 14/21, T. 01 8909334

# donation based

**April 16, 23, 30 & May 07, 21**  
**Thursdays 19:00-20:00**