

## **Meditation/mindfulness (group course)**

Have you been curious for some time already about attending a meditation/mindfulness course? Or are you already familiar with it, but want new inspiration?

In these group courses, we meet in a cosy group and surrender to the peace and quiet together. Depending on the evening, we have silent meditations, visualisation trips, relaxation exercises or mindfulness exercises. Let yourself be surprised and take inspiration for your everyday life.

The course is run by Irina Simonett. You are welcome to register [by email to irina.simonett@hin.ch](mailto:irina.simonett@hin.ch). It would be great to have you there.

