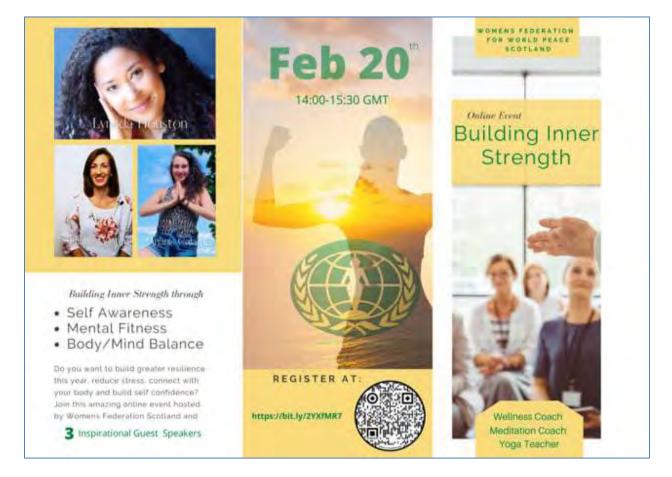
## WFWP Scotland's upcoming online event: Building Inner Strength

Robert Torok February 10, 2021



## "Building Inner Strength." On Feb 20th, 2021 @ 14:00 -15:30 GMT Register here: <u>bit,ly/2YXfMR7</u>

3 Inspirational Speakers and One Exciting Action Pact Event!!!

Meditation Coach Wellness Coach Yoga Teacher

## **Benefits:**

\*Releave stress \*Build inner strength \*Balance your body/mind \*Develop greater self awareness

## **Topics:**

"How to Identify your needs and desires by tuning into who you really are." by Lynnda Houston, Wellness coach-owner of InnerWellnessWoman

"How meditation improves your mental fitness." By Diana Winter, Meditation coach-owner of Winter Meditation

"Building inner strength through body/mind balance." by Ananis Calamia, Yoga teacher-owner at Anaisc Yoga

**Price:** 9€ (8 pounds)

**Register Here:** <u>bit,ly/2YXfMR7</u> (before Feb 18th)