

WFWP Scotland's upcoming online event: Building Inner Strength

Robert Torok
February 10, 2021

The poster is divided into three vertical sections. The left section features three photos of speakers: Lynnnda Houston at the top, and Diana Winter and Anais Calamia below. Below the photos, it lists the event's focus: 'Building Inner Strength through Self Awareness, Mental Fitness, and Body/Mind Balance'. It also includes a short paragraph about the event's benefits and mentions '3 Inspirational Guest Speakers'. The middle section is a large graphic with a sunset background, a silhouette of a person with arms raised, and a globe logo. It displays the date 'Feb 20th' and time '14:00-15:30 GMT'. Below this, it says 'REGISTER AT:' followed by the URL 'https://bit.ly/2YXfMR7' and a QR code. The right section shows a group of women sitting in a room, with a hand reaching out towards them. At the top, it says 'WOMENS FEDERATION FOR WORLD PEACE SCOTLAND'. Below that, it says 'Online Event Building Inner Strength'. At the bottom, it lists the roles of the speakers: 'Wellness Coach, Meditation Coach, Yoga Teacher'.

"Building Inner Strength."

On Feb 20th, 2021 @ 14:00 -15:30 GMT

Register here: bit.ly/2YXfMR7

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

Meditation Coach
Wellness Coach
Yoga Teacher

Benefits:

- *Relieve 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 Lynnnda 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 Anais Calamia, Yoga teacher-owner at Anais Yoga

Price: 9€ (8 pounds)

Register Here: bit.ly/2YXfMR7
(before Feb 18th)