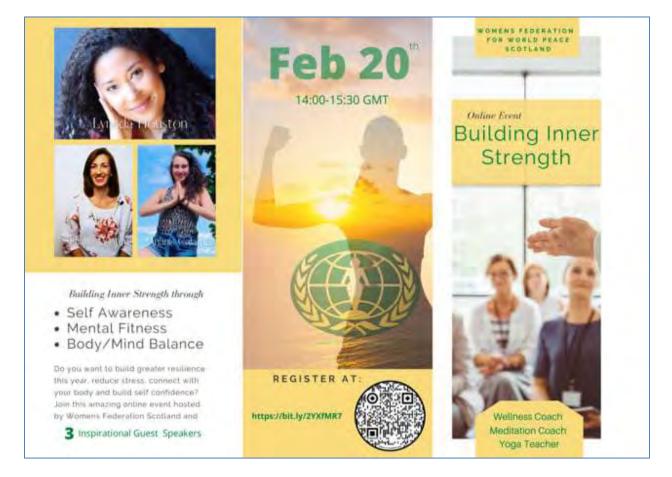
WFWP Scotland's upcoming online event: Building Inner Strength

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)