

SCAN ME



Language course

# Reducing stress through mindfulness



9. & 10. September 2024



S 103



10 - 15 Uhr

Enhance your language skills while discovering the power of mindfulness

Our mindfulness language course is your chance to improve your language horizon and experience at the same time how mindfulness improves your quality of life, reduces stress and strengthens your concentration .

Join our language course  
and find out how mindfulness can  
enrich your life

