

Activity Based Stress Release

Eurythmy4you.com

International 8 week Course in English

September 24/25 ~ November 12/13 2022



Weekly Instruction for Stress Release. Enjoyable Activities with Guidance in Self-Reflection alongside friendly, supportive conversation in an international community of good will ~ for more joy in everyday life.

English Leadership Team: Ester, Mikan, Dawn, Ann-Marie, Alorah, Judith

For more information & to register: <https://www.absr.international/home>