

D3053D From Stress to Strength A half day Mindfulness Workshop for more ease and clarity

Beginn	Samstag, 16.05.2026, 10:00 - 15:00 Uhr
Kursgebühr	35,00 €
Dauer	1 Termin
Kursleitung	Chantal Lovaglio
Kursort	GA, vhs BZ V 2.01, Telschowstr. 5-7, 85748 Garching

In this workshop, participants of all levels will explore how mindfulness can help reduce stress, calm the nervous system, and reconnect with a sense of inner balance. Through practical exercises and guided practices, you will learn to notice and navigate your ever-changing states of mind, regulate your emotions, and cultivate embodied presence. Join us to discover tools for more clarity, resilience, and ease in your daily life. Comfortable clothing recommended.

Termine

Datum	Uhrzeit	Ort
16.05.2026	10:00 - 15:00 Uhr	Garching, vhs Bildungszentrum, V 2.01 Entspannungsraum

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