

CHANGE TRANSITION-As Change is quick but transition in our mind to a positive state takes time

1 DAY FACE TO FACE EXPERIENTIAL WORKSHOP IN YOUR CITY

We aim to help you

- **TRANSITION FROM-
NEGATIVE TO NEUTRAL
TO POSITIVE STATE OF
MIND**
- **COPE WITH CHANGE**
- **PRACTISE 25 CREATIVE
WAYS TO DESTRESS**

All this with

- **20% FACULTY TALK & 80%
PRACTISE WITH
THEATER/PUPPETRY/CREATIVE
METHODS**
- **HUMAN CONNECT TO CONNECT
SHARE GROW WITH FRIENDS**
- **CALM BUDDHI 😊**

EXCITED!! YES ITS FOR YOU IN A SAFE ZONE

ALL AGE GROUPS –As everyone's change challenges are different

- *If you play an instrument get it along in the workshop*
- *if you sing, create music its gonna be awesome*
- *If you don't have that artistic touch, share your change challenge, be in the moment to learn, grown & have FUN!*

NOW-ITS TIME FOR ACTION
DO ENROLL-BLOCK THE DATE- SHOW UP!





CLICK FOR REGISTRATION –BLOCK YOUR SEAT NOW!!!

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**Lets cope with change, transition to a positive state &
DESTRESS TOGETHER!**

