ARNA INDUSTRIHUS

Meditation

IN THIS WORK SHOP, SUPERVISOR AND COACH INGUNN RIPE WILL GUIDE YOU INTO VARIOUS MEDITATION TECHNIQUES. INGUNN HAS WORKED WITH MEDITATION FOR CHILDREN, YOUNG PEOPLE AND THE ELDERLY FOR OVER 20 YEARS AND HAS EXTENSIVE EXPERIENCE IN THIS AREA.

PRICE: 500,-

IT IS A PLEASURE TO WELCOME YOU ALL!

NB! VITAM FOCUS MEMBERS RECEIVE THE WORK SHOP AT 300, - PER PERSON. VIPPS TO # 95206369 - THANKS IN ADVANCE.