

Offer: Fun-Workshop with Anna-Trix

Multi-Meeting

For ages people have tried to express their meaning of life, vitality, feelings and thoughts. The most important questions emerge; what do I really dream of, do I feel fulfilled, am I happy and content, can and should I change anything?

This Fun-Workshop shall help to discover one's own source of energy, emotions and dreams as well as furthering the growth of freeing and new developments.

In addition this workshop will help to discover hidden skills of each participant and therefore assist in making another step towards individual fulfillment.

A focal point is one's outlook on life. With music, colors and movements one enriches in a totally natural manner the present time during this workshop. In this creative environment one's own potential and skill is awakened, transformed and integrated in to the stream of life.

Through motion vitality emerges, and a new sense of life is created. Movement as a key to 'joie de vivre' allows new discoveries, to express one's essence and to enhance creativity. Rigid thinking patterns and handling habits will dissipate. It is a new start for an advanced awareness and free expression.

Anna-Trix has been a freelance artist for 20 years and her Workshops have found an enthusiastic audience in both Brazil and Africa.

Now she is in Europe to share her experiences with people who are devoted to nature. People who wish to add something new to their daily life and are ready to discover themselves in a new way.

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