

Mum Challenge

ONLINE WORKSHOP: LETS BRING BACK YOUR **UNIQUE BODY AWARENESS!**

I am Michaela, adventurer and mum from Austria. I teach a **unique body awareness** method that integrates breathwork and relaxation techniques. As you know, it's often a **challenge** to pursue your **own interests** and **bring up your child**. It can be exhausting, tiring and frustrating. I will be in Bali this summer with my kids and husband and will offer a unique Online Workshop.

OFFER - Mum Challenge Online Workshop

Live your Body

- Breathing
- Energising movements
- Relaxation techniques
- Stop contracting and let energy flow
- Grounding

Master your Mind

- Stop your thought spiral
- Relax into anger and frustration
- Focus on the Now
- Trust your intuition

I give you tools you need to find your own way in challenging situations with your child in order to gain ease and independency.

be more. Master your mind and live your body!

*I am Michaela, embodiment trainer and mum.
Let's have a WhatsApp Call to get to know us!*

*"I have to start with myself
first, then the situation
will change."*
Agnes


*"I learnt to understand myself
better and to be a role model
for my child in dealing with
stress, pain and anxiety."*
Veronika

Workshop Info:

- 5 x 80 Min. with child
- 120 Euro, 2.220.000 IDR
- Voluntary meetings in Ubud, Amed and Cangoo
- Dates: Jul 10th from Austria 9:30 am GMT +2, Jul 17th, 24th, 31st, Aug 7th from Bali 3:30 pm UTC+8

BOOK
NOW

 www.be-more.today

 +43 699 112 118 79

 michaela@be-more.today

