## **Rediscover Yourself in 2025!**

## Workshop 2 A Valentine's Remake

Reimagine love and relationships this Valentine's season Whether it's self-love or nurturing connections, this workshop offers tools to enhance intimacy, strengthen communication, and deepen bonds.

- Explore personal beliefs about love and relationships
- Learn techniques to improve communication
- Foster self-love and compassion for healthy relationship



Krish Phua

Psychological Counsellor

5 PAX ONLY!

MIT

CHF 30



Date

Thursday, 6 February 2025



Start At

7.30 PM - 9.00PM



Venue

Sumatrastr. 25, 8006 Zürich

**REGISTER BY 30 JANUARY 2025** 



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