

Rediscover Yourself in 2025!

Workshop 3

A Self Spring-Cleaning

Declutter your life and welcome growth!

Inspired by spring-cleaning, let go of what no longer serves you – mentally, emotionally, and physically.

- ✓ Identify mental, emotional, and physical clutter
- ✓ Learn practical strategies for letting go
- ✓ Craft a personalised renewal plan



Krish Phua

Psychological Counsellor

CHF 30

**5 PAX
ONLY!**



Date

Thursday, 13 March 2025



Start At

7.30 PM - 9.00 PM



Venue

Sumatrastr. 25, 8006 Zürich

REGISTER BY 6 MARCH 2025



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