

ARE YOU STUCK WITH YOUR PROJECT OR STUDIES?

MINDFULNESS SESSIONS

Different guided tools from meditation, dance and yoga that can bring mental and emotional balance, clarity and peace of mind.

From 10:45 - 11:45

Thu, 03.11.22 in ZN-4-5

Thu, 10.11.22 in ZS-7-10

Thu, 01.12.22 in ZS-7-10

Thu, 15.12.22 in ZS-7-10

TRANSFORMATION WORKSHOPS

Starting with a mindful exercise, then we will experience some inspiring transformation tools from Theory U like 3D Mapping, Case Clinic and Social Presencing Theater that can be applied to your work, studies or personal life.

Fri, 18.11.22

from 13:15 - 16:00

&

Fri, 02.12.22

from 14:00 - 16:30

in Campus Kalk, Robertstraße 2,
50999 Köln, room K202

Join us

Register:

<https://ugoitt.com/registration/>

<https://ugoitt.com>

connect

with your body