Stability, inner peace, resilience
These will be the key words for 2021!

So that you can develop this, I cordially invite you to:

For more information, visit Shino’s brand new website at:
https://shino-zentrum.de/3-leistungen/online-meditation/

Please distribute this information to your friends, acquaintances, neighbors,
Bosses and colleagues, so that they too have this opportunity
can try out in these turbulent times.

During online meditation we don’t sit cross-legged and go ohm,
but I will guide you in your familiar surroundings, in a comfortable sitting position,
to feel the body again, to gain the energy and attention
to withdraw from the outside and to steer inwards. ...

When the energy in your body rises again,
inner peace can return and recovery can begin.

In 2021 it will be more important than ever
to find the inner center and the trust.
Just try the online meditation with me!

Thank you for forwarding and distributing!
Sincerely, Daniela Wallstein