

MINDFUL MOVEMENTS

TO ENJOY WORKING FROM HOME

7th December 2020

7.40pm - 8.40pm

Time Zone GMT + 8



**ESTEEMED
SPEAKER**

Lorena Wong
Harmonia Life,
Founder
(Netherlands)

Upon completion of this session, participants will have insight into:

- What the mind is and why it is important to understand it.
- What programs we have in our mind and how the pandemic is creating stress.
- How we apprehend reality and how we can transform it through Mindfulness.
- How to practice mindful movements every day to stay calm and happy.

TRACK

IMMERSIVE EXPERIENCE A

REJUVENATING WITH POSITIVE ENERGY

During the **Stress Pandemic**

Date

8th December 2020

Time

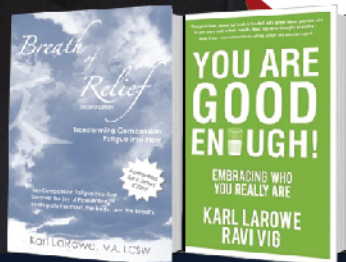
8.20pm - 9.10pm Time Zone **GMT + 8**



**ESTEEMED
SPEAKER**

Karl La Rowe

Author, International
Speaker, Consultant,
Licensed Mental Health
Professional, Positive
Psychology Coach



Upon completion of this session, participants will be able to:

- Understand how we are under more stress than ever before as a result of the Covid-19 pandemic;
- Learn how stress affects both body and mind from stress arousal to exhaustion;
- Practice several Mindfulness Based Stress Reduction methods that will immediately discharge the “energy residue” of chronic stress; and,
- Embrace the practice of self-compassion as an effective method for increasing your positive energy.

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IMMERSIVE EXPERIENCE C

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**CONTACT US
NOW!**

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