

The Power of Play: Energize, Create & Connect

A One-Day Workshop to Rediscover Your Sense of Fun

Schedule at a Glance

9:30 AM – Arrival & Welcome

10:00 AM – Embodiment Class

- Start the day with an Embodiment class which integrates fun cardio and dance to start the day in the right way and shake off your stress.

10:45 AM – Creative Clay Play

12:00 PM – Group Reflection

12:30 PM – Lunch & Informal Connection

Lunch is not provided, but we've arranged a **special deal** at a nearby spot if you'd like to dine with others or explore on your own.

1:30 PM – Fun & Play Workshop

3:00 PM – Active Play Session

4:00 PM – Take-Aways & Next Steps

4:30 PM – Closing Insights and Summary of tools

5:00 PM – Gentle Yoga Flow

Saturday March 15th
Rome, Italy
9:30am-4:30pm

Pricing

€250 per person

Includes all workshop activities and materials (e.g., clay, art supplies).

Lunch not included.

Why Attend?

- **Refresh Your Creativity:** Hands-on art and playful exercises encourage fresh thinking.
- **Boost Energy & Well-Being:** Balance invigorating movement with moments of calm reflection.
- **Meet Like-Minded People:** Connect with others who value curiosity, laughter, and personal growth.
- **Take It With You:** Go home with new ideas and tools to keep the fun going in everyday life.

Ready to Join the Fun?

Secure your spot and experience how a playful mindset can make a real difference. We look forward to spending this energizing, creative day with you!

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