

mindful evening reset

a Guided Experience for Women
(in English)

Thursdays, 6:00– ca. 7:30 PM

Autumn dates:

October 8th, 15th, 22nd, and 29th

November 12th, 19th, and 26th

December 3rd, 10th, and 17th.

Autumn loyalty cards:

3 sessions for €18 or

5 sessions for €25.

Mütter- und Familientreff Erlangen e.V.
(Paulistraße 1. – city center)

For booking:

info@heimat-erlangen.de

0157/3386-7565

✓ No previous
experience needed

✓ Beginner-friendly

✓ Come as you are

Mütter- und Familientreff Erlangen e.V.
Heimat ERLangen
Perspektive für Frauen und Familien
mit Migrationshintergrund schaffen

