

Wellness Sessions

Compassion Road to Peace



Our session focuses on how the practice of compassion, can help participants create a better world as well as gain personal benefits such as: enhanced emotional wellbeing, reduced stress and increased motivation.



Being compassionate can improve health, well-being, and relationships.



This dynamic and interactive learning session ends with a gentle relaxation massage that includes back, head, shoulders and hands.

Place: _____

Date: _____ Time: _____



"Love and compassion are necessities, not luxuries. Without them humanity cannot survive."

- Dalai Lama

Space is limited. For more information please contact :

