

Nächste Kurse von Angelina Everitt

MBSR Course

MBSR, MBCT, Achtsamkeit, Info + Kennenlernen

Join me for a 8-week MBSR course in Schöneberg to learn to deal with the hustle and bustle of Berlin.

Further information can be found here:

<https://www.mind-and-heart.com/mbsr-and-mindfulness-in-berlin/>

Beginn: 08.10.2025 **Ende:** 26.11.2025

Uhrzeit: 18:00 - 20:30 Uhr

Adresse

Psychotherapeutische Gemeinschaftspraxis

Karl-Schrader-Str. 6

10781 Berlin