

OUR SESSIONS

by *The Golden Space Indonesia* • Free for public

 Plaza Indonesia, Multi Function Hall Level 2

P W F
PLAZA INDONESIA
WELLNESS FESTIVAL
22-31 JUL 2022

DATE	TIME	SESSION
FRI, 22 JUL	15.00 - 16.00 WIB	Self-Love Meditation RELATIONSHIP • Cindy Gozali
	17.00 - 18.00 WIB	Managing Stress Meditation WORK • Bagia Arif Saputra
SAT, 23 JUL	14.00 - 15.00 WIB	Healthy Family Dynamics Q&A FAMILY • Meilinda Sutanto
	15.00 - 16.00 WIB	Mini Family Constellation Workshop FAMILY • Meilinda Sutanto
	17.00 - 18.00 WIB	Love and Money: You Can Have it All WEALTH • Stephanie Hermawan
TUE, 26 JUL	12.00 - 13.00 WIB	Meditation for Focus and Productivity WORK • Bagia Arif Saputra
	15.00 - 16.00 WIB	Children Q&A: Understanding Emotional Children FAMILY • Joyce Wonsono
WED, 27 JUL	12.00 - 13.00 WIB	Mindful Eating Meditation HEALTH • Cindy Gozali  Lumine Cafe, Level 5
	15.00 - 16.00 WIB	Couple's Clinic Q&A: Rekindle Love in Your Relationship RELATIONSHIP • Silvia Basuki
THU, 28 JUL	15.00 - 16.00 WIB	Love and Relationship Oracle Card Reading RELATIONSHIP • Silvia Basuki
	17.00 - 18.00 WIB	Healing with Crystal HEALTH • Yasmin Baidha Afifah
FRI, 29 JUL	17.00 - 18.00 WIB	Healing Relationship RELATIONSHIP • Silvia Basuki
	19.00 - 20.00 WIB	Restful Sleep — A Guided Meditation HEALTH • Meilinda Sutanto
SAT, 30 JUL	14.00 - 15.00 WIB	Mindfulness Meditation for Beginners Yasmin Baidha Afifah
	15.00 - 16.00 WIB	Sound Healing for Relaxation Agatha Vania Karina

Aura, Energy & Stress Check-Up

is available from 11.00-21.00 WIB throughout the entire duration of Plaza Indonesia Wellness Festival (22-31 July 2022).

Sign up here:

piwf2022.plazaindonesia.com

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