



DAY 1

Unlock the Secrets to Transform Your Life

- 1 Mindset & Perception:** Discover how your thoughts shape your reality every day.
- 2 Manifestation Magic:** Learn the art of turning your dreams into reality with focused intention.
- 3 Breathwork for Transformation:** Experience powerful breathing techniques to align your mind, body, and goals.





DAY 2



Brush Away Anxiety

1 The Art of Letting Go: Discover how creative expression can help release emotional burdens and foster inner peace. 🎨✨

2 Healing Through Painting: Use art as a tool to reduce anxiety, break free from limiting beliefs, and embrace a sense of calm and clarity. 🖌️💖





DAY 3

Mold Your Mind, Shape Your Peace

- 1 Hands-On Healing:** Let the soothing touch of clay calm your mind and release stress with every shape you create.
- 2 Creative Expression:** Transform your emotions into art, letting go of worries while crafting something uniquely yours.



REGISTER NOW

