



move • relax • enjoy

at Wasems Kloster Engelthal



dpm Dr. Petra Maass

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Organized by

dpm and TAIJI-DAO

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...is the overall theme of the events we organize for you. We, that are the two of us: Dr. Petra Maass, dpm, and Tina Ochs, TaijiDao.

Do you have a busy life? Are you sometimes stressed at home or at work? Does the stress already affect you, physically or mentally? Are you, on the other side, a bon vivant and do you like the extraordinary?

Then you should join us for our event “An afternoon just for myself”. We will start with exercises adapted to your needs, among others taken from QiGong and Mindfulness Based Stress Reduction (MBSR), helping you to revive your body and mind and to leave the daily stress behind.

Afterwards you can allow your soul to rest during a flight wine tasting at Wasems Kloster Engelthal. Enjoy three different, specially selected wines accompanied by delicacies from the monastery's kitchen. A tasting without any obligation. Only you count: smell, taste and enjoy.



Date: Saturday, 28th March 2015
2 to 7 pm

Place: Wasems Kloster Engelthal
Edelgasse 15
D-55218 Ingelheim
www.klosterengelthal.de

The fee of EUR 89,- includes *b·e·g* seminar and flight-wine tasting

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