

EMEKE LEARNING CENTER

# *Living with Less on Your Mind*

## **Introductory Innate Health Workshop**

with Abi Wieder, BSc Psychology

Innate Health Practitioner

and Rabbi Shimmy Wieder

*@ 62 Emek Refaim, above the SOS*

**Tuesday, February 2nd, 8:00-9:15 PM**

### **What is Innate Health?**

Innate Health is a psychological and spiritual understanding which sheds light on how we work as human beings. It allows us to live with less on our mind, engage more fully in life and have more vibrant and meaningful experiences. Through learning about Innate Health it is common to see improvements in the full range of human experiences, from parenting and relationships to physical and emotional well-being. Accessing our innate mental health is invaluable to both our personal and working lives.