



Metamorphic Technique® is suitable for everyone, regardless of age, circumstance or condition of life.

Learn a gentle hands-on technique you can give to those you care for.

This introductory workshop enables you to practice informally with family & friends, or voluntarily with others. It is easy to learn and since no special ability or background is needed it is very accessible.

***6th March online via zoom
11am to 12.30pm
€25***

Metamorphic Technique

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