



DEEP DIVE INTO SELF-LOVE – A JOURNEY TO SELF DISCOVERY

Maybe you've tried to take good care of yourself to boost your energy, lose weight, shift a habit, release a recurring emotion/situation... Yet **in a world that often feels overwhelming** – with work, social media, global challenges and tensions in our relationships – it's easy to **end up feeling stuck, exhausted, and disconnected**.

What if, in these moments you just could:

- take a deep breath, pause and **return to your heart**;
- experience **Love as a natural quality** of the heart - free, open, and unconditional;
- discover, that **True self-love** is not about becoming someone else or seeking approval, but about meeting ourselves with honesty and compassion;
- set healthy boundaries, and **accept who we truly are**.

Join us for a gentle, transformative workshop, where we focus on:

1. **Deepening our understanding of how life works** in interaction with everything else;
2. **Exploring your inner stories** with heart-led, creative methods: Looking at beliefs, values, and patterns that may be holding you back, creating space for new, more supportive ways;
3. **Working on a personal transformation project**: You'll receive a pre-assignment to help you choose a project to focus on during the course;

Our Online-Program (all sessions will be recorded):



Workshop on Self-Love: March 21st, 2026, from 4 to 8 PM CET

Deepening & Exchange: Tuesdays (4 x 1.5-hour sessions),
7 PM CET, March 24th – April 14th, 2026

Two Private Sessions

WhatsApp Group for inspiration and group exchange

Price: 295 Euros (**early bird** within 28th February, 275 Euros), 250 Euros for Ren Xue Community – Maximum 10 participants. If the price is an issue, please reach out.

WORKSHOP REGISTRATION (within March 14th):

info@renxuedeutschland.de, www.renxuedeutschland.de

Course facilitators: Milla Suvikannel und Beate Mitterstieler



Milla: Certified Yuan Gong Teacher (Levels 1-6), *Ren Xue, New Zealand*, Traditional Chinese Medicine Therapist, *Finland*, Kiiko-style Japanese acupuncturist, *Boston, US*, M.Sc. Social Psychology, *Finland*, various advanced trainings in the above-mentioned fields;

Further information: milla.suvikannel@gmail.com



Beate: Certified Yuan Gong Teacher (Levels 1-6), *Ren Xue, New Zealand*, Training in Biodynamic Craniosacral Therapy, *In Flow, Arco*, "Master in Naturopathy", *Vis Sanatrix Naturae, Newport University, Rome*, Shiatsu Training, *Hakusha, Bolzano/Milan*, Thai Massage Training, *Blue Garden, Chiang Mai/Thailand*, various advanced trainings in the above-mentioned fields;

Further information: bmitterstieler@hotmail.com