

JOIN US FOR THE

Think GYM



Mon-Thu
7pm - 9pm

MQ Learning Academy,
Schaffhauserstrasse 78, Zurich

Donation based; Suggested: CHF 20-25/ Evening

EVENING HIGHLIGHTS

MEDITATION

PHILOSOPHY & CONSCIOUSNESS

HEALTH & WELL-BEING

TRANSFORMATION





Evening Programs

Explore the essence of being human and connect with inspirational individuals in a vibrant learning environment

MEDITATION MONDAYS

(incl. Breath, Auditory, Visual, Presence)

THOUGHTFUL TUESDAYS

(Philosophy & Consciousness)



WELL-BEING WEDNESDAYS

(Health Circles, Resonating Spaces)

TRANSFORMATION THURSDAYS

(Conscious Cultures, Embodied Expansion)



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REGISTER AT: [MQ LEARNING.COM/THINKGYM](https://mqlearning.com/thinkgyim)

