

Subject:

Well-being

Erasmus + project
International Meeting

Meditating



**It makes us feel more
calm, present in the
moment**

**It gives us awareness
about ourselves and
our body**

Communication



**It makes us feel loved
and
supported**

**It creates bonds
between
people**

Hoobies



**It is about relaxing
and
relieving**

**We feel implicated into
something that we
enjoy**