

Tea Time Thoughts

WORKSHOP

Join us for a transformative 2-hour experience designed to cultivate deep reflection through journaling and other mindful activities, all while indulging in a soothing mini tea or cocoa ceremony.

Deep Reflective Practice

Engage in guided meditation and journaling session aimed at fostering self-discovery, facilitating reconnection to yourself and exploring your true aspirations.

Mindfulness

Immerse yourself in activities designed to direct your awareness to the present moment, allowing you to cultivate inner peace and enhance holistic wellbeing.

Interactive Setting

Become a member of a supportive tribe. Exchange thoughts, experiences, and wisdom with like-minded individuals on a journey of self-discovery, self-love and growth.

Cocoa & Tea Ceremonies

Let go of the stress of daily life, unwind and indulge in the comforting warmth of herbal tea or cocoa as you savour each sip mindfully.

Soulful Experience

Gift your soul a moment it deserves and watch yourself shine through!



📞 9975 3574

🕒 2 Hrs

📍 Malta & Gozo

📅 Quarterly - pick your date

✉ info@kristinakoller.com

-Grow with Kristina