Email advertisement for workshop:

Subject: New Menuchas Hanefesh WORKSHOP with Michal Kramer / Feeling Overwhelmed or Burnt

out?

Do you feel like you’re dealing with a lot of stress? Are you a mother who feels like she’s drained? Or are you maybe student that is anxious to make friends in school? Maybe your even nervous to start shidduchim and you don’t know why?

I am happy to say that Be’ezras Hashem we will be holding a workshop, where we will be meeting up once a week and learn about Menuchas Hanefesh.

The course will help give you tools to achieve Menuchas Hanefesh with the guidance of the Torah.

When does the course begin? We start right after Passover.

How long is the course? An all total of 6 weeks.

I wanted this course to be accessible to all mothers and young women, so right now you can sign up for 240 shekel and get the best experience firsthand. 😊

Join now before all the spaces get taken.

Together we can strengthen our Menuchas Hanefesh.

I am looking forward to seeing you! there😊

P.S

Come join the Menuchas Hanefesh workshop for an affordable price and a life changing experience.

Whether you are 15 or 70, you can benefit from this course.