



In this fun-filled workshop, we get to explore the Magical Child within.

With games, toys, drawing, caring and sharing, we will playfully and gently draw out the magical child within us.

Join Nidhi Gupta, Cert. Life Coach and Regd. Psychotherapist, in an exquisite immersion into the world of your inner child.

This is part 1 of a series of Inner Child workshops.



Whether it's a first meeting, or you already know your inner child, the intention of this 1st workshop is to discover the playful little person within you, your wonderchild or magical child.

The magical child is the part of you that is whole, and full of wonder and curiosity. S/he knows how precious it is and how much it is loved.

You get to explore the dreamer in you, play games you loved as a child, and draw pictures of your little.

Through this reconnection, you become aware of the magical, the miraculous, & the endless, wondrous, possibilities in your life...today.

You will also have a variety of takeaway exercises for you and your inner child to practice whenever the two of you want to spend time together.