

# Women In Movement

## Women empowerment workshop in the spirit of Yoga



Host: **Sharon Dar**, a Weizman employee  
and a certified Yoga teacher

📍 **Neve Metz training center** ⌚ **15:00-16:30**

Session 1

**April 18, 2023**

Let go: On stability  
and relaxation

Session 2

**May 2, 2023**

Circles in life and in  
movement

Session 3

**May 16, 2023**

Sankalpa: the power  
of intention

Registration is for all three sessions 

**Registration**

Coordinator & Accessibility Issues: **Limor Rimon** | [womeninscience@weizmann.ac.il](mailto:womeninscience@weizmann.ac.il)

 The workshop will be held in English 