

# Archery Workshop

*Tuesday, 26 September 2023 16:30 (2h 30m)*

Setting your sights on the target, coming to rest within yourself in order to let go at the decisive moment - intuitive archery requires more than just strength.

After a professional introduction by our trained outdoor park instructors, the participants take up bow and arrow themselves. In addition to fun, this experiential educational offer deals with topics such as concentration, deceleration, goal setting, dealing with frustration and ambition.

**Presenter:** HAIDE, Isabel (Karlsruhe Institute of Technology)

**Session Classification:** Social