



Wellness Lectures

	Duration	Price/Group
"Wellness from Exercising" (physiotherapist) Impacts of physical activities Health and wellness in everyday life How to start?	60 min	300 €
"Energetic Everyday" (physiotherapist) Importance of good sleep Energizing physical activities Eating rhythm	60 min	300 €
"Improve Your Spine Health" (physiotherapist) Sitting all day at work? This lecture is designed for you. How does sitting effect on your body Tips for your working day	60 min	300 €
Active Info for Visual Display Unit Workers (physiotherapist) How to improve your posture, working ergonomics and tools available. Practical exercises to improve your posture and stretching exercises to reduce tensions. Finally, a light workout for VDU workers and instructions to take home.	45 min	300 €
MINDFULNESS Skills for Working Life (wellness lecturer, author, Ph.D.) This lecture includes an introduction to Mindfulness, its benefits and basic exercises.	90 min	from 465 €
