

BODY-SOUL HARMONY



Harmony Programs are recommended for teams seeking relaxation, inspiring and refreshing experiences. Our health promoting also provide an excellent opportunity to reduce tension of recent times.

- Relax for balanced a balanced life
- Facial gymnastics and facial massage
- Mindfulness - developing awerness
- Yoga, spine gymnastics
- Forest bath
- Beauty consultation
- Creative workshop
- Bullet Journal
- Focus development with sniper rifle
- Consultation with the recreational coach, 15 times Ironman

Program elements can be combined and tailored to customer needs.

Duration: Half day

Number of participants: up to 150 people

Csatlakozz a tréningünkhöz, és alkossatok közösen valami különlegeset.

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