

Time for yourself – Relax in the countryside – recover a sense of peace!
An offer for your collaborators

Under the guidance of coaches, relax while walking in the countryside and learn incredibly simple ways of achieving inner clarity and relaxation.

This way!

We'll walk at a comfortable pace in the woods, the participants don't need to be really fit

It's their walk, so chatting with others is voluntary.

We'll teach them how to use exercises in your daily life to find peace, how to let their thoughts flow and how to understand and classify their emotions

Benefits to them

They will discover what 'moves' them

They can use what they've learnt to find peace in their daily life

They feel internally stronger and more relaxed



Details

We meet at if possible close to the company's place

Time: at lunch time or after work, duration 2 hours

Weather: we'll go out even if there's light rain

Your investment / conditions

CHF 900 + 8 % VAT

Maximum 12 participants



Coach:

Karen Bärlocher: Professional coach and trainer since 2005. Specialises in personal development and how people behave and act. Professional experience: 20 years in the finance industry and 11 years as a trainer and coach in various industries

Her motto: Developing conscious awareness helps us to see things differently and simplifies our lives.

Interested? We look forward to receiving your call.

Insurance is the responsibility of the participant



Coach:

Agnes Forslund: Worked full-time in commerce for 25 years. Various training in bodywork (Tibetan back therapy, Qigong, kinesiology, traditional massage) and Chinese martial arts. Co-manager of a kung fu and Qigong school. Mother of a 12-year old daughter, loves animals and nature.

Her motto: Simple – Just be, tranquility can be learnt!