

MINDFUL MOVEMENT



Power – Movement – Mindfulness

A Course for regulating the ANS

(autonomous nervous system)

with the vagal nerve



You learn with upto four balls and a pilates roll

- To feel your limits of mobility during the exercises and to expand them mindfully.
- To get to know and to improve the power in your different muscles.
- To extend your mobility sensibly with mindful stretching exercises and to prevent shortening and cramps.
- To learn breathing techniques
- To learn and practice Meditation
- To experience and intensify your mindfulness for you, for your body and for others.
- To avoid stress and burnout.

Registration and locality:

Physical Therapy Active Care Gmbh
in Cooperation with the Yogaschool
YOGAWERK or any locality to schedule
Albisstrasse 33
8134 Adliswil / Zürich
Tel: 079 291 32 88
mail: info@immensional.ch
www.immensional.ch

Cours leader:

Eia Escher
Sport Physical Therapist and Mental Trainer
CAS Positive Psychology, Coaching

Costs and Plans:

Single Teaser 60min.	90.00 Fr.
Single course 60min. 1	150.00 Fr.
Group course 60min from 4-6 part.	160.00 Fr.

Please ask for special localities and rates for
special groups and teams.

We're happy to see you!

