

WELLNESS COACHING

The **Well-being** and **fulfilment** of workers are known for being important **factors in the success** of a company.

The main goal here is to bring a positive, instructive and collective experience to all the participants.

This is also the means to optimize human potentials individually and collectively.

A good way to start or punctuate your work seminary !

You can choose among the following options :

- ✓ Initiation : Tai-chi / Yoga / Qi Gong / Sophrology
- ✓ Muscular awakening / Zumba
- ✓ Amma chair massages

Everyone can participate in these stimulating and refreshing sport activities.

The coaches who host the activity are qualified experts in their respective field.

APPLICABLE PRICES IN ÎLE-DE-FRANCE
VAT NOT INCLUDED

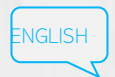
From 750 €



30' to 1.5 hrs



Outdoor
Indoor



Additional fee will be applied

