

Contemplation in action

better efficiency — better quality of life

Courses

Courses are prepared based on the client's needs and wishes. Usually, they take place at our training facility; they can also be held at a location chosen by the client in Prague or near Prague.

Relaxation of the whole organism / relaxation of muscle tonus

What to expect from the course?

- Parts of our personality – theory
- Energy flows in our body/personality – theory
- How to get to know your personality better /how to understand your body language (theory/practical exercise)
- How to put your personality in harmony (theory/practical exercise)
- How to feel energy flowing in our body (theory/practical exercise)
- How to energize your personality (theory/practical exercise)

Course price:

- 1 course (8 hours) – CZK 3,000,- per person (minimum is 6 people)

Contact

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