



Activ Life. Work Wellness Program.

YOUR WELLNESS

OUR EXPERTISE

- 8 x 60-minute sessions
- proven strategies to boost productivity, happiness and health
- set goals measured throughout the program



Wellness Outcomes:

simple strategies to increase circulation and why this is important

tips to reduce stress levels including breathing techniques

nutritious foods and easy recipe ideas

desk exercises to improve posture, strengthen the lower back and stretch the hips

sleep training and an introduction to playing the singing bowls for relaxation

a guide to confidently practising yoga at home

effective and proven methods to add wellness breaks into your busy schedule

the power of meditation and how it can work for you

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