

Trainingskatalog

Aus den Handlungsfeldern Bewegung und mentale Gesundheit
(analog & digital)



Bewegung



• **Balancetraining**



• **BrainFit**



• **Business Yoga**



• **CardioFit**



• **CoreFit**



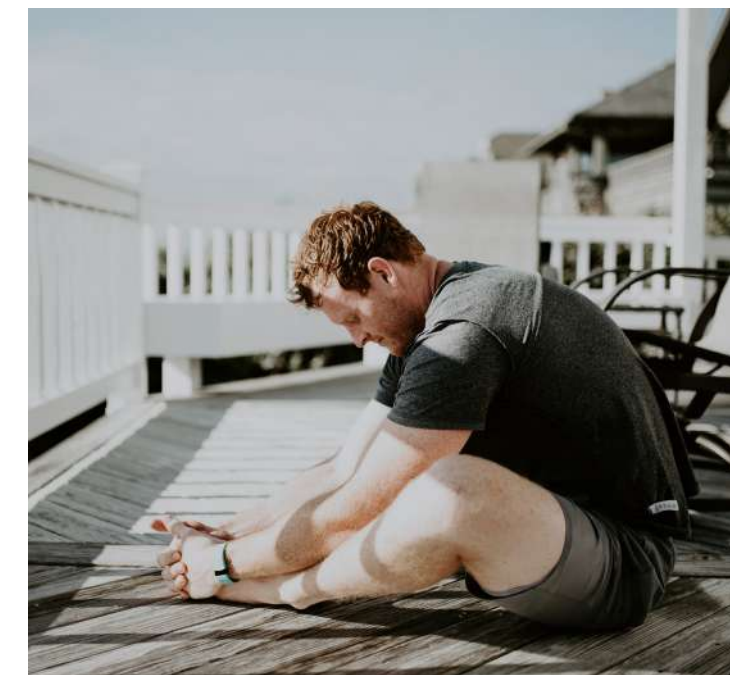
• **Faszientraining**



• **Funktionelles Training**



• **HILIT**



• **Hüftmobilität**



• **NackenFit**

Bewegung



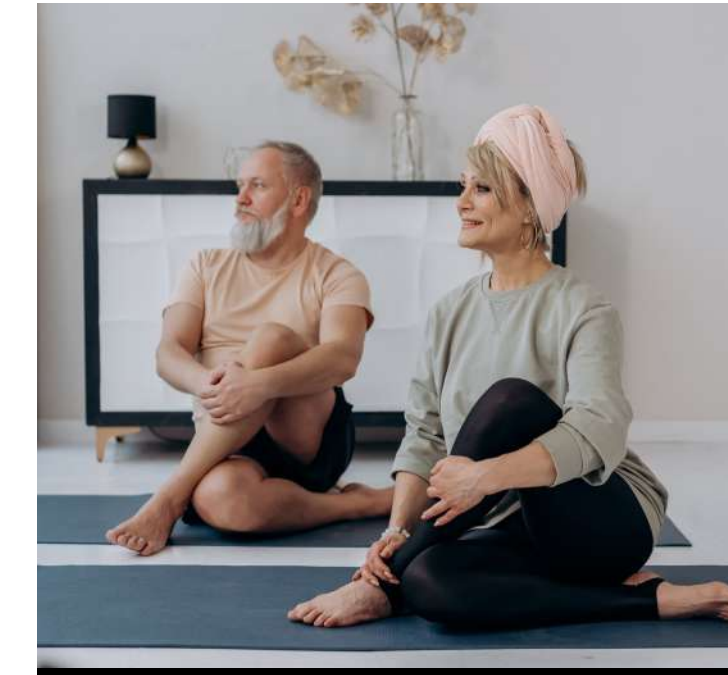
• Pilates



• RückenFit



• Schultermobilität



• Stretch & Relax



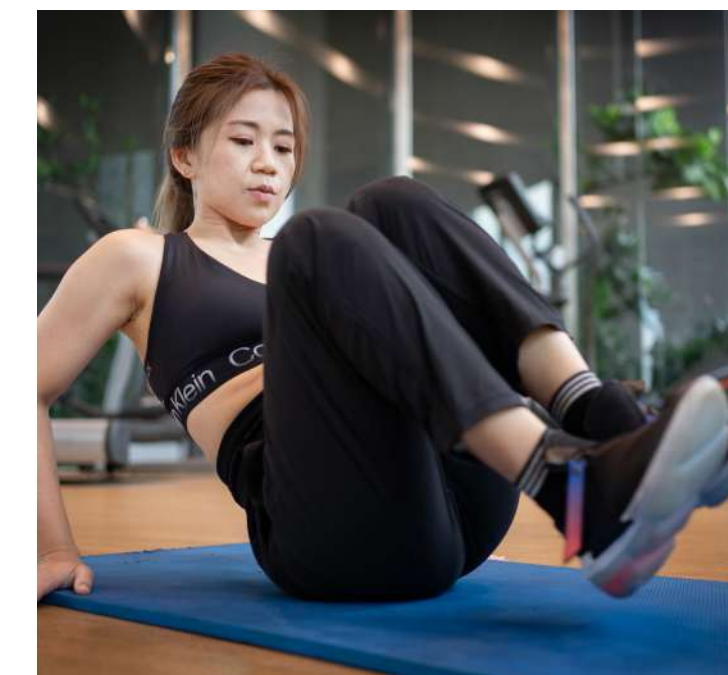
• Theraband



• Wirbelsäulenmobilität



• Yoga



• Zirkeltraining

Mentale Gesundheit



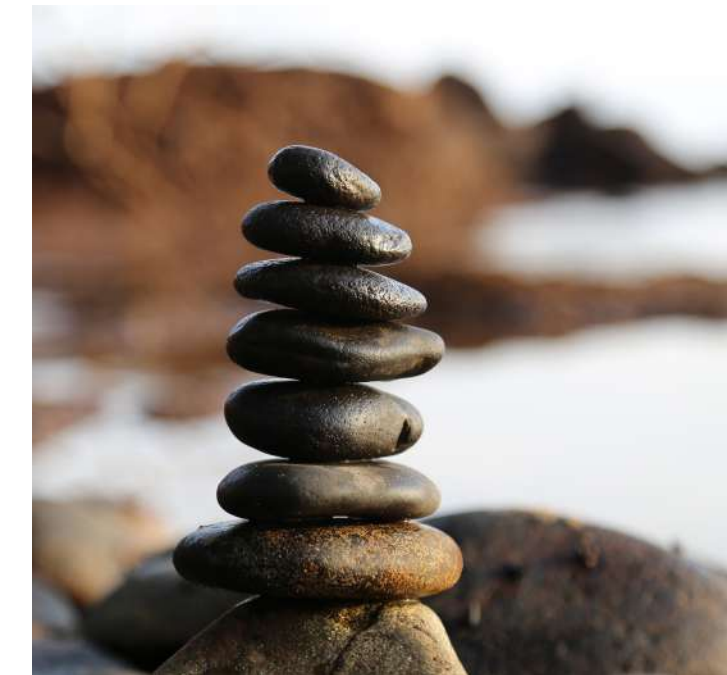
• **PMR**



• **Meditation**



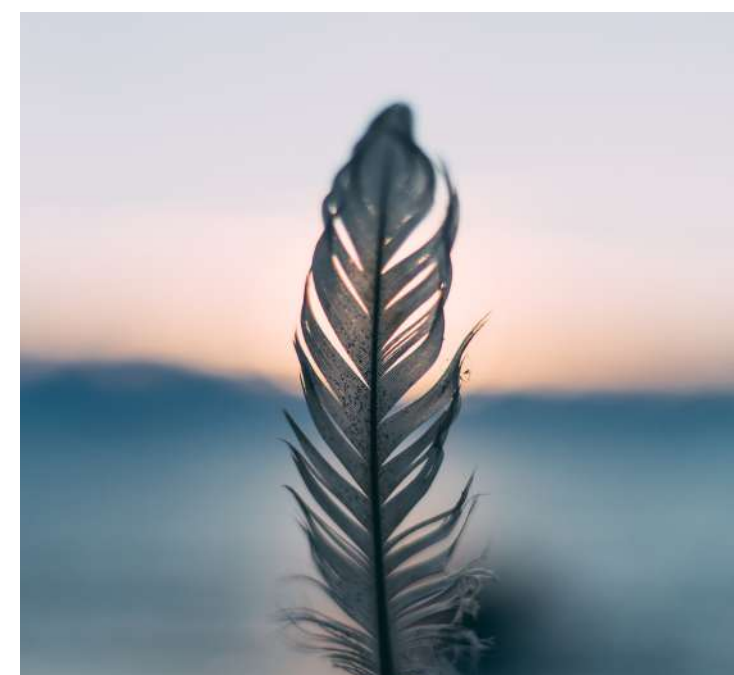
• **Autogenes Training**



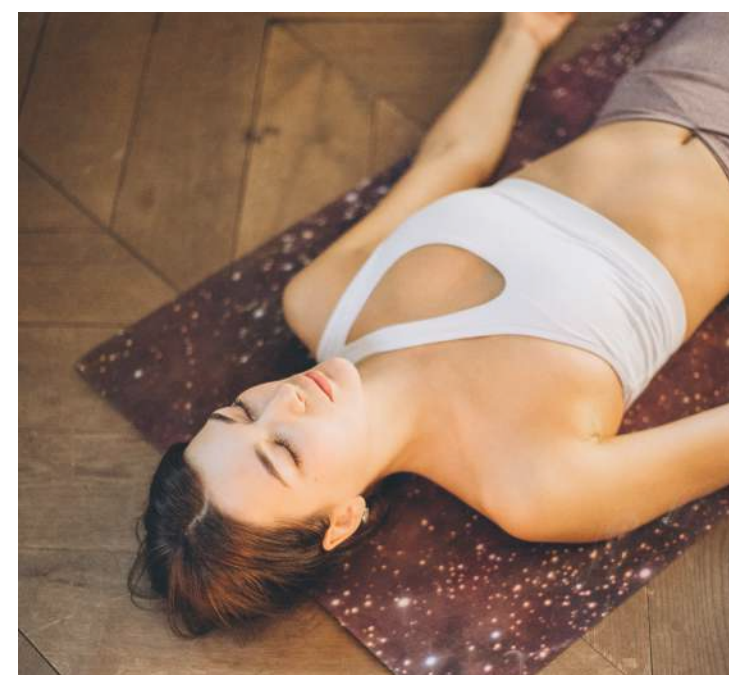
• **Mindful Break**



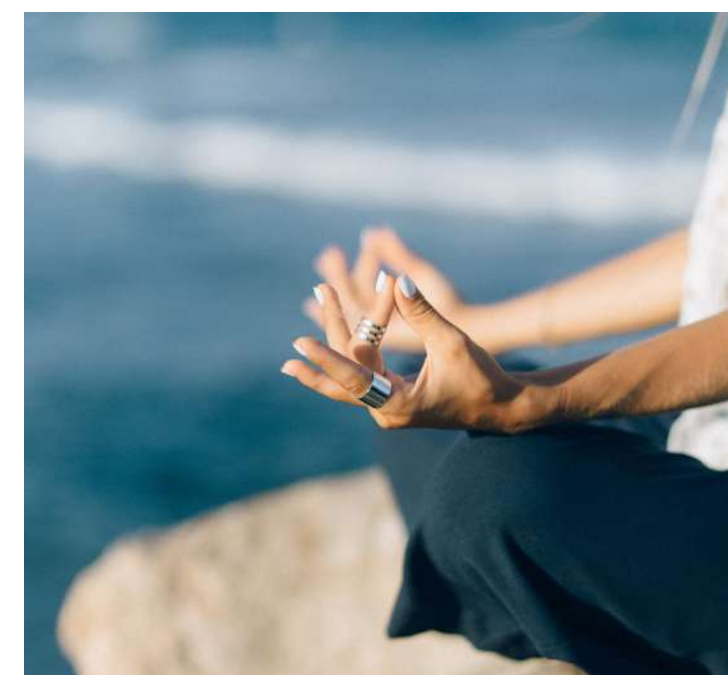
• **Fantasiereise**



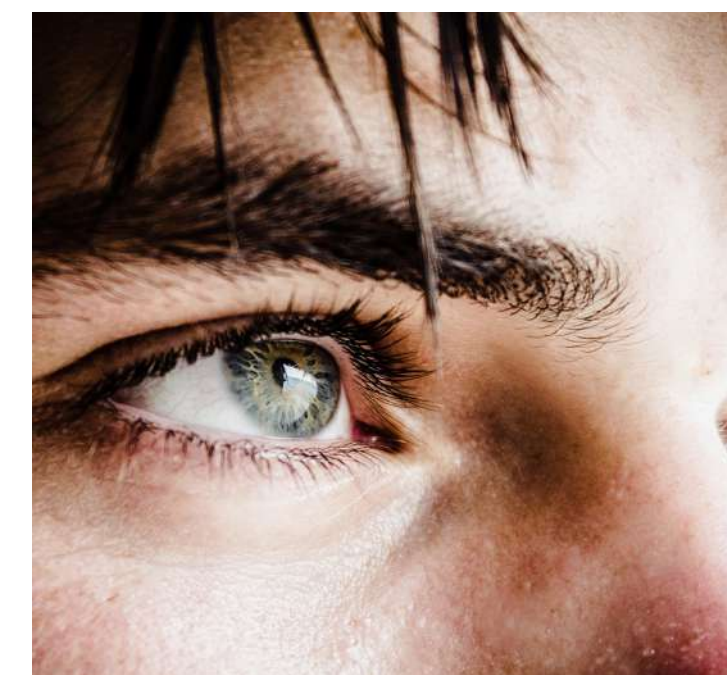
• **Atementspannung**



• **Body Scan**



• **Blitzentspannung**



• **Augenentspannung**



• **Positive Erinnerung**