ONLINE MINDFULNESS SESSIONS

CHALLENGE

Do you feel overwhelmed with all the online studying? Do you miss the interactions at university? Is the time in front of the screen tiring? Do you feel tensions in your body from all the sitting?

The studying from home is a challenge for many of us on different levels. With the help of Mindfulness and breathing techniques we will relax and energize ourselves and our body. Then we will be fresh again and able to concentrate and focus on our task at hand.

BENEFIT

We invite you for a 30-minutes online mindfulness session to
• Strengthen your resilience
• Relax and rejuvenate
• To support your personal wellbeing

CONTENTS

• Desktop-stretching
• Breathing techniques
• Mindfulness exercises

ONLINE SESSIONS

DATE: 26.5. & 2.6.
TIME: 16:00 – 16:30
PLACE: at your PC
LINK: Zoom-Meeting
https://zoom.us/j/94482332511
Meeting-ID: 944 8233 2511

TRAINER

Vanessa Eble, TLEX Associate Trainer

Vanessa conducts TLEX seminars on mindfulness and team development for companies and universities. She has worked as a consultant for Swiss and German students, teachers, school administrators and parents, focusing on team development, education and social skills. She also designs seminars in adult education on team building, stress management and professional development.