

2 DAYS WORKSHOP

DONE

How to stay FOCUSED AND PRODUCTIVE AT WORK

“**DONE**”... yes ! I have completed the task.

This is a 2 days workshop teaching and exploring individual needs through achieving a balance between your body and mind. Learn how to be calmed, focused and productive at work or life. What is the secret?

Day 1 : How to deal with body and muscle pain?

Day 2 : How to stay focused and productive?

