

EXPLORE *yourself*

YOUR EXPEDITION TO EQUILIBRIUM AND WELLNESS

Food as therapy

Discover the benefits of healthy eating through cooking workshops designed to enhance energy, boost immunity, and promote detoxification.

Circadian rhythm

Escape social jetlag and discover your natural rhythm.

Individuals and community

Relaxation, stress management and mindfulness in a harmonious blend.

Physical fitness and vitality

Enhance your fitness through forest bathing and breathing exercises. Rejuvenate your energy and rediscover your vitality. Regular exercise contributes to longevity.

The plasticity of the brain.

Enhance your focus and refine your decision-making abilities.

Diseases of affluence

Address complaints in a positive and constructive manner, and embrace life.

Communication with oneself and others

Explore 'My Secret is Your Oxygen' for a wealth of practical tips and exercises.

