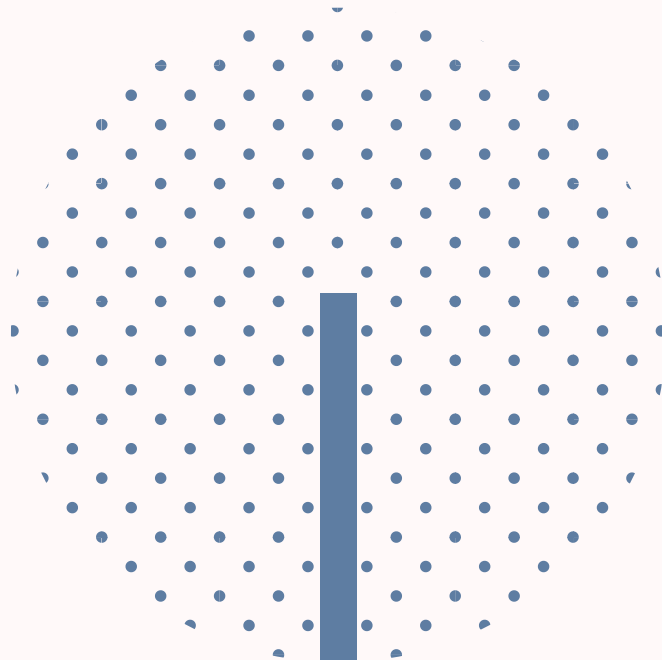


MEDITATION

WELL-BEING AT WORK



citySTILLE VIENNA
Mindfulness and Meditation Center

TRANSFORMATIVE
MINDSHIFTS ○○○○○●
transformative coaching & training



REBALANCE INTRO & MEDITATION SESSION - 1H

INTRODUCTION TO MEDITATION & NEUROSCIENCE
FORMAL AND INFORMAL MEDITATION PRACTICES
UNDERSTANDING, FOCUS, PRESENCE, STILLNESS, EMOTIONS
REGULATION; WELL-BEING CONNECTING PEOPLE.

REBALANCE MEDITATION SESSION - 1/2H

UNPLUG & FAST REBALANCE
FOCUS, PRESENCE, STILLNESS, EMOTIONS REGULATION.
FOR MORE CLARITY, CREATIVITY & PEOPLE CONNECTEDNESS.



WE ENGAGE PEOPLE



REBALANCE & RECHARGE WORKSHOP - 3H

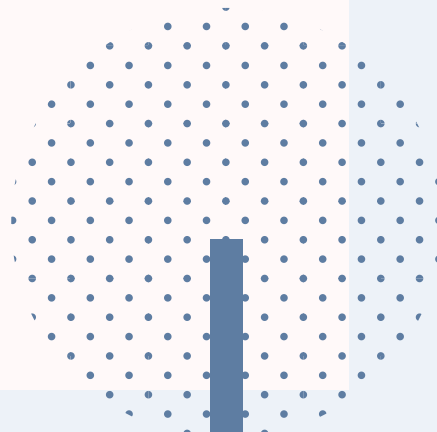
INTRODUCTION TO MEDITATION & NEUROSCIENCE
FORMAL AND INFORMAL MEDITATION PRACTICES
INTERACTION AND GROUNDING EXERCISES;
SELF-AWARENESS AND SELF-REGULATION TOOLS.

REBALANCE INDIVIDUAL SESSION - 1H

AN INDIVIDUAL INNER JOURNEY FOR INSTANT WELL-BEING
FOR TEAM LEADERS, PROJECT MANAGERS OR ANY PERSON IN
NEED OF MINDFUL & DEEP CONNECTEDNESS.

REBALANCE SPACES @ WORK

A DEDICATED SPACE FOR REBALANCE & RECHARGE HELPS
PEOPLE TO EASIER UNPLUG FROM STRESS & FASTER PLUG INTO
A WELL-BEING STATE. 5-10 MINUTES OF STILLNESS IN AN
MINIMALISTIC & NATURAL DESIGN PER DAY IS MEDICINE FOR
OUR NERVOUS SYSTEM. DIRECTLY INTO YOUR OFFICE BUILDING.





NICOLETA PFEFFER-BARBELA

INSPIRING FOUNDER OF CITYSTILLE - MINDFULNESS & MEDITATION CENTER VIENNA, A PIONEER CONCEPT FOR STILLE/STILLNESS IN THE CITY. SHE AIMS TO INCREASE WELL-BEING IN PEOPLE, ORGANISATIONS & CITIES. AFTER DEVELOPMENT PROJECTS IN MICROFINANCE & SOCIAL BANKING, SHE FULLY DEDICATED HERSELF 2014 TO BUILDING A STRONG FOUNDATION FOR HER AWARENESS AND INNER STILLNESS. PERSONAL PRACTICE, MINDFULNESS & MEDITATION EDUCATION ARE HER TOP PRIORITIES SINCE THEN AND, OF COURSE - SHARING IS CARING! SHE PASSIONATELY ASSISTS YOU WITH TRANSFORMATIVE MINDSHIFTS MEDITATION OFFERINGS FOR REBALANCE AND DEEP WELL-BEING.

SESSIONS - WORKSHOPS - TRAININGS
TRANSFORMATIVE & REBALANCE MEDITATION RETREATS
INSPIRING MINDFULNESS SPEAKER
STILLNESS SPACES AT THE WORKPLACE

STILLNESS WITH KINDNESS

OUR ABILITY TO CARE AND PROVIDE FOR OURSELVES HAS BROUGHT US SO FAR. AT ANY POINT, WE CAN REBALANCE. WE CAN RECONNECT TO OUR BEST POTENTIAL SELF.
IF YOU CAN BREATHE, YOU CAN DO IT.

MINDFULNESS - HEARTFULNESS - ONENESS

SPRING OFFERING FOR NEW BEGINNINGS

REBALANCE INTRO & MEDITATION SESSION - 1H

IDEAL FOR 30 PARTICIPANTS

750 EUR, EXCL. VAT

REBALANCE MEDITATION SESSION - 1/2H

IDEAL FOR 30 PARTICIPANTS

550 EUR, EXCL. VAT

REBALANCE & RECHARGE WORKSHOP - 3H

IDEAL FOR 25 PARTICIPANTS

920 EUR, EXCL. VAT

REBALANCE RETREATS - 1 DAY & 2 DAYS

IDEAL FOR 25 PARTICIPANTS; EXTERNAL LOCATIONS

from 175 EUR/pers., EXCL. VAT

MINDFULNESS TALK-KEYNOTE

300+ PARTICIPANTS

from 1490 EUR, EXCL. VAT

REBALANCE INDIVIDUAL SESSION - 1H

ONE-TO-ONE SESSION

129 EUR, EXCL. VAT

REBALANCE SPACES @ WORK - personalised offers

OTHER FORMATS/ADDING AVAILABLE
OPEN TO ALL, NO PREVIOUS EXPERIENCE NECESSARY.
IN-HOUSE OR AT EXTERNAL LOCATIONS IN THE COUNTRY
DELIVERED IN ENGLISH

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Caring for ourselves is caring for the whole journey of mankind.