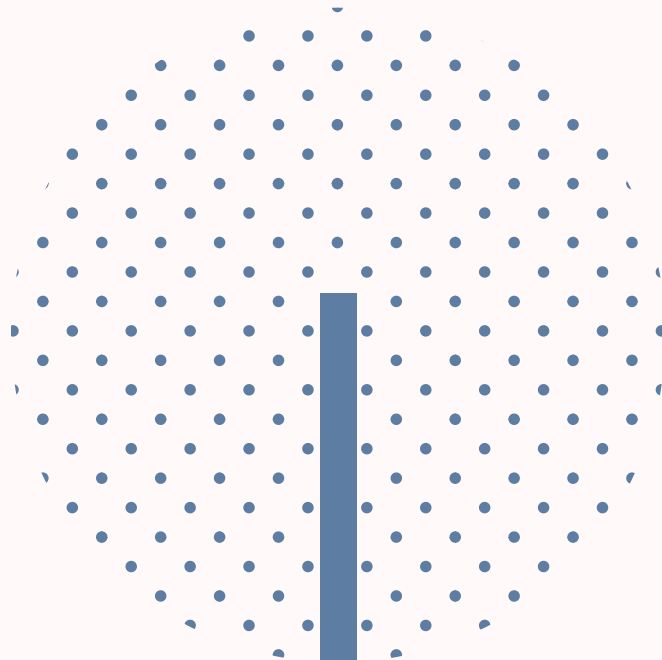


MEDITATION

WELL-BEING FOR YOU



citySTILLE VIENNA
Mindfulness and Meditation Center

TRANSFORMATIVE
MINDSHIFTS ○○○○●
transformative coaching & training

*Meditation isn't about making your mind quiet.
It's about entering the quiet that's already there.*
D.Chopra

REBALANCE NOW SESSION FOR ONE - 1x 60'

UNPLUG & REBALANCE NOW, INTENSIVE SESSION

INTERACTIVE AND GUIDED PRACTICES: FOR MORE FOCUS,
PRESENCE, STILLNESS, EMOTIONS REGULATION, CLARITY &
CONNECTEDNESS / [SESSIONS LINK](#)

REBALANCE PROGRAM FOR ONE - 4x 90'

MINDFULNESS & MEDITATION TRAINING PROGRAM WITH FOUR SESSIONS

INTRODUCTION TO MEDITATION & NEUROSCIENCE

YOU CREATE YOUR OWN PERSONALISED PRACTICE

YOU DISCOVER YOUR OWN RESOURCES

YOU WILL EMPOWER YOURSELF THROUGH THE CONNECTION WITH STILLNESS,
SELF-COMPASSION & LOVE / [PROGRAM LINK](#)



YOU FEEL GOOD.



REBALANCE PROGRAM FOR TWO - 4x 90'

OPEN TO COUPLES, FRIENDS, FAMILY MEMBERS

MINDFULNESS & MEDITATION TRAINING PROGRAM WITH FOUR

SESSIONS, A PERSONALISED PRACTICE FOR BOTH. YOU ARE

MOTIVATING AND UPLIFTING EACH OTHER. YOU LEARN TO

CONNECT TO YOUR SENSE OF INFINITE PRESENCE, COMPASSION

AND LOVE. [PROGRAM LINK](#).

REBALANCE TRANSFORMATIVE PROGRAM FOR ONE 3X 90'

AN INDIVIDUAL INNER JOURNEY FOR DEEP WELL-BEING

WITH ELEMENTS OF MIND SCIENCE, SPIRITUALITY, PERSONALISED

MEDITATIONS THAT SHIFT YOUR STATE OF CONSCIOUSNESS AND REALIGN

YOU WITH YOUR BEST POTENTIAL SELF

ONLY AVAILABLE OFFLINE, IN OUR PRAXIS, WALK & OUTDOOR SESSIONS

[CONTACT US FORM](#)

REFRESH YOUR BALANCE - 30' ONLINE SESSIONS

AFTER PARTICIPATION IN A PROGRAM OR SEVERAL SESSIONS,

YOU CAN PERIODICALLY REFRESH YOUR PRACTICE, CHECK

INTO YOUR BODY, ALONE OR WITH A SMALL GROUP,

FACILITATED BY INSTRUCTOR - ONLINE OR AT DIFFERENT

LOCATIONS IN VIENNA / [CONTACT US LINK](#)



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, HEARTFULNESS & ONENESS MEDITATION AND TRANSFORMATIVE PRACTICES ARE HER TOP PRIORITIES EVER SINCE. SHARING IS CARING! SHE PASSIONATELY ASSISTS YOU WITH TRANSFORMATIVE PERSONALISED OFFERINGS FOR REBALANCE AND DEEP WELL-BEING.

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

TRANSFORM WITH STILLNESS & 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.

Nico

MINDFULNESS - HEARTFULNESS - ONENESS

ONLINE & OFFLINE FOR NEW BEGINNINGS

REBALANCE NOW SESSION, FOR ONE - 1X 60' OR 1X 30' SINGLE SESSION, INDIVIDUAL

129 EUR, INCL. VAT

70 EUR, INCL. VAT

REBALANCE PROGRAM FOR ONE - 4X 90' PROGRAM WITH FOUR SESSIONS OF 90 MINUTES

515 EUR, INCL. VAT

REBALANCE PROGRAM FOR TWO - 4X 90' TWO PARTICIPANTS / FOUR SESSIONS OF 90 MINUTES

750 EUR, INCL. VAT

REBALANCE TRANSFORMATIVE PROGRAM FOR ONE - 3X 90' PROGRAM WITH THREE SESSIONS OF 90 MINUTES

515 EUR, INCL. VAT

REBALANCE IN THE COUNTRY RETREAT - 1 DAY / 2 DAYS MAX. 20 PARTICIPANTS; EXTERNAL LOCATIONS IN THE COUNTRY from 210 EUR/PERSON, INCL. VAT

REBALANCE IN THE CITY WORKSHOP - 3H MAX. 20 PARTICIPANTS, INTERACTIVE from 70 EUR/PERSON, INCL. VAT

OTHER FORMATS AVAILABLE
OPEN TO ALL, NO PREVIOUS EXPERIENCE NECESSARY.
ONLINE, OFFLINE, AT YOUR WORK OR EXTERNAL LOCATIONS
DELIVERED IN ENGLISH

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**Throughout 2020/early 2021, Sessions and
Programs are available exclusively online.
In exceptional cases, offline sessions are
possible in 1010 & 1020 Vienna**

Caring for ourselves is caring for the journey of mankind.