## COFFEE BREAK, VITALITY BREAK

Muscle relaxation during a short seated massage allows blocked energy to revive and mental strength to increase.

Therapists are available to the group for 30 minutes to perform seated massages during the break.

1 Therapist, CHF 160.- 2 Therapists, CHF 240.-

## **RELAXING BREAK**

The art of massage combined with essential oils relaxes, harmonizes, relieves muscle tension, brings energy and vitality.

10 Massages of 30 minutes in a single Spa cabin, CHF 1100.-

## PERSONAL TRAINER

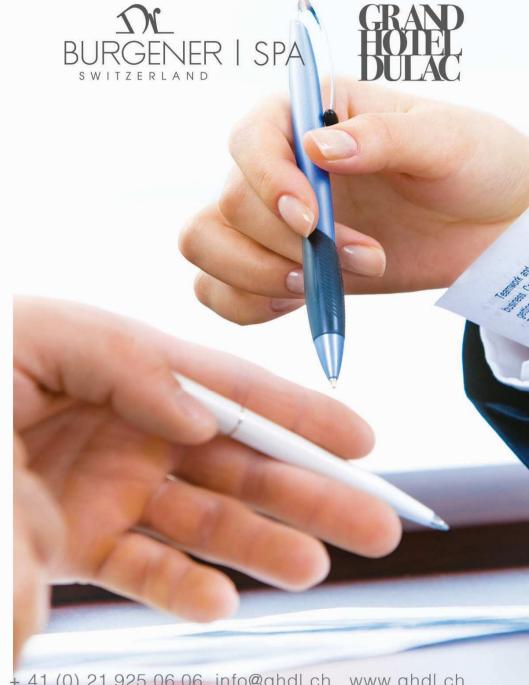
Our coaching sessions are optimal to give you maximum energy within a short time. The personal trainer coaches your team ensuring cardio training, muscle building followed by a stretching session.

Individual session, CHF 170.-/h Group session, CHF 260.-/h

## TEAM BUILDING "BEYOND SELF"

"We do not know how strong we are until the day when being strong becomes the only option" Claudio Alessi. Master in martial arts. Coach for celebrities and national teams.

Session 4 hours, CHF 1800.- Session 1 day, CHF 2400.-



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