

gesundspot corporate & community

Wellbeing Services for Companies, Associations and Groups



Healthy, energized, and mentally strong people are an important foundation for motivation, wellbeing, and long-term performance. Yet modern working and everyday life often bring mental and physical challenges. gesundspot offers practical wellbeing services for companies, associations, and other groups that can help reduce stress, restore energy, and strengthen overall wellbeing in a sustainable way.

SERVICES

Yoga for Employees, Teams and Groups

Movement and conscious relaxation can help release tension, reduce stress, and restore energy.

Possible Formats:

- Lunch Yoga (e.g. during the lunch break)
- Yoga before or after work
- Evening classes

The classes are beginner-friendly and suitable for participants of all levels.

Health Coaching

One-to-one and group sessions for people who want to actively improve their health and wellbeing.

Possible Topics:

- Stress management
- Sleep and recovery
- Nutrition in the workplace
- Energy and focus in daily life
- Building sustainable healthy habits

FLEXIBLE IMPLEMENTATION

The services can be tailored individually to your company, association, or group. For example:

- regular yoga classes
- individual (1:1) and group coaching sessions
- one-time workshops or themed evenings
- a combination of group sessions and individual coaching

All services can be offered in German or English.

For more information about gesundspot, please visit: www.gesundspot.com

CONTACT

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Healthy people. Strong communities.