

U.K.I.D.A.



Y.R.I.

Yoga

Course for Manager

Stress management for excessive tension

A specific program for managers wishing to focus their energy and abilities by relaxing and restoring the mind, body and soul. The weekend courses, characterized by harmonious well being, will be held once a month from September in the wonderful town of Taormina (Me, Italy) and in the natural setting of Ticino, close to Besate (Mi, Italy).

Objectives of the course:

This course is intended to relax those who for work reasons are subject to a high amount of stress and boost their managerial power efficiency. We offer preventive therapy towards the stress caused by daily hassles, therefore improving the quality of life. We advise you to attend all the appointments, which will take place one weekend a month, achieve and maintain important results, thanks to the acquisition of greater potentialities.

