



# Healthy Mind

Finding stillness, clarity, and emotional balance in a busy world.



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**A calm, focused mind is essential for navigating complexity. Our Mind classes offer practical techniques to foster mental clarity, emotional regulation, and inner peace — even in fast-paced urban environments.**

# Coaching for a healthy mind

- Breathwork and conscious breathing
- Guided meditation and mindfulness
- Focus and concentration training
- Forest bathing and connecting with nature
- Practicing gratitude and positive reframing
- Support for Long-Covid recovery and mental fatigue
- Visualization techniques for focus and healing
- Yoga Nidra: deep relaxation for nervous system restoration

