



Mindful Month

COMPANY LOGO

Week 1

- Session 1 : pain-free neck and shoulders
- The Mountain of Clarity – A Meditation for Focus and Energy

Week 2

- Session 2: Spinal mobility for a relaxed back
- Letting Go & Recharging Meditation – After Work and Energy

Week 3

- Session 3: Anti knee pain stretch
- The River of Calm – A Meditation for Stress Relief

Week 4

- Session 4: loose hips for a pain-free back
- Midday Stress-Release Meditation - During Work Breaks



To your videos & health month page

<https://r2comsport.de/en/bgm-english/>

