




Mental Wellness with *Barbara*









With great sensitivity, Barbara supports you in individual private coaching sessions to achieve more energy, fitness, health and genuine joy in life.

At Golden Hill, we create a unique and exclusive setting for people who want to reconnect with themselves – individually, mindfully and authentically.

The private sessions combine movement, mental wellness, conscious nutrition and inner balance – for a holistic experience for body and mind.

 For everyone who wants to gain new energy, find clarity and do something sustainable for their well-being.

CONTENT OF THE PRIVATE SESSION

-  Analysis of your personal current situation
-  Mental Wellness & Mindset Work
-  Individual impulses for nutrition & lifestyle
-  Development of concrete actions and measures
-  Personal coaching conversation
-  Individual training session in the fitness cube with Barbara




DURATION
2 hours

PRICE
EUR 400,-



To make an appointment, please contact us. We kindly ask you to book your preferred coaching appointment at least 10 days prior to your arrival by email or phone:

 Tel: +43 650 35 059 36

 barbara.reinisch@golden-hill.at

