

With little effort,  
improve your posture.



**Balance@Work GmbH**

Lettenweg 118  
CH - 4123 Allschwil

T +41 61 55 105 55

F +41 61 55 105 56

E [info@balanceatwork.ch](mailto:info@balanceatwork.ch)

I [www.balanceatwork.ch](http://www.balanceatwork.ch)



## What is Energy+ ?

With Energy+ revitalisation programs of Balance@Work we boost your vitality, your performance, your creativity, your attractiveness, your charisma and zest for life!

## With little effort, improve your posture.

Employees complain constantly about back-, and neck issues while working at the computerscreen. Absences due to back problems for companies often have far-reaching consequences. Year after year, around 1.6 million working days are lost only because of musculoskeletal discomfort in Switzerland.

That must not be.

In the context of promoting health-measures at work Balance@Work relies on the **GYROKINESIS®** exercise program.

The **GYROKINESIS®** method is a movement method that gently works the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion, and creating functional strength through rhythmic, flowing movement sequences. It is an original, and unique movement practice which has roots in Yoga, Tai Chi, gymnastics, and dance.

## Practice in classes or at home

The **GYROKINESIS®** method is practiced in group or private classes under the instruction of a certified Gyrokinesis Trainer, and can also be practiced at home with a mat, chair, and instructional Gyrokinesis dvds. The entire exercise program is performed without equipment.

### Benefits for the employee:

- Physical and spiritual regeneration
- Reduces tensions in your body with regular practice.

### Benefits for the employer:

- Cost effective Fringe Benefits
- Employees remain at work
- Effective motivation and retention of employees
- Make small steps to a healthier workplace: simple and sustainable

Effort: group course max. 20 people

Time involved: 20 minutes



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