

Anti-Stress
Training

Mindshield



Discover the art of stress relief.
Together with Daniel Hauser,
a 6th master level wing Chun Kung Fu

Join us for an unusual and captivating Seminar. Discover how to use the secret wisdom and skills of a Kung Fu Master with unknown stress relief / reduction techniques. Learn to harness and transform your stress into usable energy for your daily business tasks, and do it all with a relaxed mind.

Get in contact now and enjoy an uplifting mental and physical Seminar !

DAY ONE

Introduction
Focus vs Mindfulness

DAY TWO

Self-Awareness + mental KungFu
Stress Release / Reduction

DAY THREE

Qi Gong / Chi sao Flow
Meditation / Breathing Techniques

Contact:

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Location

Enjoy the relaxing atmosphere at the
Hotel Rössli in Weggis, Switzerland



www.mindshield.ch
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