



15 minutes of Active Break every morning is a wonderful start to the day in the virtual office life! Each for himself at home and still together and also done something good for body and mind! It doesn't get any better than this and is truly recommendable!

**James Kueng**

Supply Chain Management at MCH P  
Active Break Munich



For me and many colleagues, the awareness of ergonomic work has once again increased significantly as a result of the Active Break. I occasionally repeat some of the exercises at home.

**Julian Phillip Mergarten**

Head Chef in Forum 2 at MCH P  
Active Break Munich



**ON-SITE OFFER**

# Health, Sports and Well-being in Feldafing

[siemens.com](https://www.siemens.com)

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## Active Break

Mobilization, stretching and strengthening exercises in the team together with a trainer on site.

- 🕒 15 – 20 min
- € from € 70 (+ travel expenses and material)
- 🗨 German or English
- 📄 [Further information](#)
- 👕 Business clothes
- 📧 [Booking request](#)

## Movement and relaxation sessions

e.g. Yoga, Pilates, Stretch & Relax, Progressive Muscle Relaxation (PMR) and more.

- 🕒 45 – 90 min
- € from € 90 (+ travel expenses and material)
- 🗨 German or English
- 📄 [Further information](#)
- 👕 Sports clothes
- 📧 [Booking request](#)



## Workshops and talks “get the healthy break”

Experiencing health topics in theory and practice with a scientifically based background, such as mindfulness, movement in everyday working life, fascination fasciae, health and well-being in mobile working, and much more.

- 🕒 60 – 90 min
- € from € 280 (+ travel expenses and material)
- 🗨 German or English
- 📄 [Further information](#)
- 👕 Business/sports clothes
- 📧 [Booking request](#)

## Team-Challenge: Forest scavenger hunt

Small groups playfully complete tasks as a team along a predefined route.

- 🕒 from 2 hours
- € from € 69 per person (minimum 8 participants)
- 🗨 German or English
- 📄 [Further information](#)
- 👕 Leisure wear
- 📧 [Booking request](#)

