



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 an is truly recommendable!

**James Kueng**

Supply Chain Management MCH P  
Active Break Munich



**VIRTUAL OFFER**

## **Health, Sports and Well-being in Feldafing**

**siemens.com**

Siemens AG  
Global Leadership Center Feldafing  
Siemensstraße 20  
82340 Feldafing

© 02.2023, Siemens AG

## Active Break

Mobilization, stretching and strengthening exercises in the team.

- 🕒 15 – 20 min
- € from € 70
- 🗨 German or English
- 📘 [Further information](#)
- 👕 Business Clothes
- 📅 [Booking request](#)

## Movement and relaxation exercises

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

- 🕒 45 – 60 min
- € from € 75 (plus service fee)
- 🗨 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.

- 🕒 30 – 90 min
- € from € 185
- 🗨 German or English
- 📘 [Further information](#)
- 👕 Business/sports clothes
- 📅 [Booking request](#)



// 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 MCH P  
Active Break Munich

