

The enterprising „life“ with the „getting motion-effect“

Experience how it is possible to leave the usual path with surprisingly simple methods in order to **introduce balance, strength and liveliness** to the daily adventure “life”

Simple exercises accompanied by music, rhythm and movement, help us walk along new eventful paths that enable you to easily deal with **your professional- and private-life** as well as yourself and your fellow humans with more appreciation.

We playfully implement the just experienced things in our body and integrate them simultaneously. The experienced things already get automatically integrated and implemented in our daily lives on the next day through our cells’ intelligence (“cell psychism”).

The **getting motion-method** makes it possible to operate from one’s own centre with simple and moving exercises in order to experience more lightness and vitality.



Getting motion causes

- **Experience lightness and vitality**
- **Fast switching between work and free time**
- **Recognise one’s personal strengths**
- **More creativity in daily life**
- **Authentic and confident appearance**
- **Strengthening of self-perception**
- **Recognise and preserve personal borders**
- **Mutual appreciation in day-to-day interactions**



Getting motion

is an innovative movement system that helps to promote and integrate humans and their strengths. Increased self-motivation and appreciative interaction in social dealings are achieved through special exercises.

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One **getting motion-unit** (90 minutes) is guided by me with a lot of rhythm and movement, specifically selected music and exercises that suit the topic; usually in groups between 12 and 100 people.

