

JOY, EMOTION + FUN with RHYTHM that MOVES

Experience how it is possible to leave the usual path with a surprisingly simple method to introduce **balance, strength and liveliness** to the daily adventure "life".

Simple exercises accompanied by music, rhythm and movement, help you recognise simple paths that enable you to easily get rid of burdens from your **professional- and private-life**. You can enjoy life with more **lightness** and **appreciation**, but most importantly **self-love** for you and your fellow human beings with immediate effect.

The just experienced things get playfully implemented and integrated in our body. The experienced things already get automatically implemented in our daily lives on the next day through our cells' intelligence. **Lightness** and **good handling with yourself** are the main focus.

This method makes it possible to operate from **one's own centre** with simple and moving exercises to immerse in the **joy of life** and your **experience of "being light"**.



This moving method causes

- Experience lightness and vitality
- Get rid of burdens to take care of yourself
- Fast switching between duty and free time
- Recognise one's personal strengths
- Authentic and confident appearance
- More creativity in daily life
- Strengthening of self-perception
- Recognise and preserve personal borders
- Mutual appreciation in day-to-day interactions



An innovative movement system that helps to promote and integrate humans and their strengths. Increased self-motivation and appreciative handling of oneself are achieved through special exercises.

Hubertus Scheidlberger
Management consultant and trainer

www.gettingmotion.at
hubertus.scheidlberger@gettingmotion.at
Further information: 0676 3912666

One 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 15 and 200 (or more) people. The simple, but also enjoyable exercises are either experienced alone, as a pair or in a group.

IF YOU ARE INTERESTED, JUST CONTACT ME !!

