



ACTIVE WELLNESS

Offer For Business Clients

Let's go with us to the journey of health, condition and psychical shape!



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Relax-recondition centre AQuatro

fitness - wellness - hairness - coffee

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Unique relax–rehabilitation program of Active Wellness

For managers of all levels

Complex regeneration,
relaxation of whole body,
mind & soul

Active Wellness company and AQuattro would like to introduce and offer you absolutely new, unique program RELAX–KOMPLEX, it's deal is to help the managers regarding to organizing their hard job challenges by the organism regeneration, whole body relaxation as same as body & soul relaxation.

Added value of the program

- the improvement of your employees results
- the cancelation of the back and cervical backbone pain
- concentration growth, stress elimination and the improvement of the psychical mood shape

Whole program is based on the medical check of Dr. Bohdan Semiginovsky and diagnostics by the physiothetapist Dr. Dusan Lavrincik. Ivan Hrdy, the skilled professional for psychological preparation and rehabilitation and Vladimír Hirka, the trainer and dietologist manage the evaluation of the results and also organization of program built up according to the need.

Alan Jarkovsky, the therapist completes the team of professionals and he is interested in detection of preconscious figures, which block us in some deals making. The Relax–Komplex coherence is levered up by the cooperation of all professionals.

The time period of the lesson is 60 - 90 minutes and during this schedule the parts of the program are connected to each other. Form and intensity depends on possibilities of every client.

The program is realized in AQuattro wellness centre or at your chosen place.

The program price is individual concerning the frame.

Program Relax–Komplex is set up by those items with synergy effect:

Assesment, compensatory and stretching training

Stretching and training those part of the body, which annoy you and you need to reinforce and recover

It means the combination of the rehabilitation training and packed series of excercises with harmonization of whole organism (built up mainly on the Yoga excercises base). The deal of the program is based on the cancelation of dysbalances of motoric appliance realized by the todays „non movement“ way of living shown by the back and cervical backbone pain. So important is rebuilding of the right functional stereotyps.

Visit of the whirlpool or the sauna

Regeneration of your tired body based on massage, in whirlpool or in sauna

You ´ll heat your tired muscles concerning the visit in sauna or whirlpool. In the whirlpool you ´ll get the fine relaxation and you ´ll get the soft massage too. In the sauna, because of the intensive swetting effect, you ´ll pass the skin cleaning and also you ´ll go through the detoxiacation procedure of whole organism. Whole procedure increases the adaptation of the appliances, reinforce the immunity and markedly increase the regeneration of the organism.

Relaxation and energy massage

Massage of whole body or it´s part according to your wish

We advice you the complex unique massage which will bring you the disengagement of sore and numb muscles, this one will help you with harmonization of your internal organs. The massage includes the system of energy healing and you ´ll get the vitalization and power to live in present hectic way of living. In the end the massages continues into the managed relaxation, which will slow down your running mind, lower the stress, create bigger gap for your concentration and will help you to get much more positive mood shape. Also we would like to advice you the wide scale of other massages – classic, sport, reflexion, Thai Massage, Shiatsu, Lymfo-drainage, Aromatherapy, Chinese Massage, Reflexion Massage, Bulb Massage.

Managed psychical relaxation (suggestion), meditation

With the skilled professional your mind, body & soul will be freed

Relaxation procedures lower the tension and stress, which is usually produced not only during your work period. Going through the relaxation procedures will increase your concentration and coordination what, for sure, will increase the work results also.

The full program completes:

Bill of fare

Individual bill of fare according to your need

Whole program is completed by the optimialized bill of fare which deal is to respect individual wish of client and regarding to this fact, the nutric customes will be placed into for good as a part of life and for sure will help to increase the work results. The detoxiacation procedure of whole organism is included in the program also regarding to the contribution of harmonized functions of all organism and also the growth of the immunity is agreed.

Contacts

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References

Jiri Langmajer, actor



Acting has a lot of same aspects as management. At first it's a very psychical heavy job with the back and cervical backbone pain effects.

Magazín DNES, č. 46/2004:

„Without my physioterapist Dusan Lavrincik and my personal trainer Vlada Hirka I would be over out for sure. Both of them they give me very special kind of support what I so admire. Why do they do that? They know me as an actor and they know that I have problems. They want to help me. To be safed against any falls.

Michal Novotny



Also successful sportsmen use the Relax-Komplex program, by the way Michal Novotny and Sarka Sudova. Active Wellness company prepare them for olympic games in Turin. Complex plan of preparation includes physical preparation (prevention included), bill of fare and psychological preparation.

Sport: Snowboarding

One of the best chzech snowboardists went through all the qualification conditions for OG in Turin 2006. He got the number one level in 2003 concerning the competition of AMS in Bardonecia centre. He presented himself at the World Championship during 2003 and 2005 and also at the World Cup during 2002/2003, 2003/2004 and 2004/2005.

Sarka Sudova



Sport: Acrobatic down-hill skiing (bowles)

She represented Czech Republic at the World Championships and World Cups during 2003. The biggest successes: 2006, Lake Placi, World Cup, the 24 th. place; 2005, Ruka, World Championship, 17 th. Place; 2004, Tanvaldsky Spucal, European Championship.