

Do you suffer from Office syndrome?



Headaches?

- Brain fog
- Low concentration
- Forgetfulness
- Monkey mind

Backache?

- Lumbago
- Sciatica
- Scoliosis
- Disc herniation



Neckache?

- Stiff neck
- Arm pain or discomfort
- Shoulder tension
- Slow digestion
- Dizzy spells



We can help:

Ergonomic testing for your body and workstation

- Spinal assessment
- Desk set up check
- Evaluation of posture
- Breathing assessment
- Core muscle testing



Our Solutions:

We design bespoke programs that are realistic and that suit the executive lifestyle.

We can help:

- Executives avoid 'burnt out'
- Create relief from chronic back pain
- Eradicate posture related issues
- Improve performance
- Integrate nutrition, exercise & manual therapy



To book your complimentary evaluation meeting
Email: contact@peakofwellbeing.com

Our methods:

Peak of Wellbeing help clients overcome physical pain by using the SomaTraining method developed by world-renowned osteopath, Dr Guy Voyer.

SomaTraining is a unique methodology for strength, rehabilitation and conditioning, built on osteopathic principles. It uses very precise postures which target specific spinal segments. The postures, once learnt, only take one minute to perform. Whether it is getting out of pain, improving performance or reducing postural related issues our goal is to help you achieve measurable results.

PEAK OF
WELBEING



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