

ORGANIZATIONAL WELL-BEING WITH ESZTER FARKAS

MINDFULNESS, MEDITATION, AND MOVEMENT

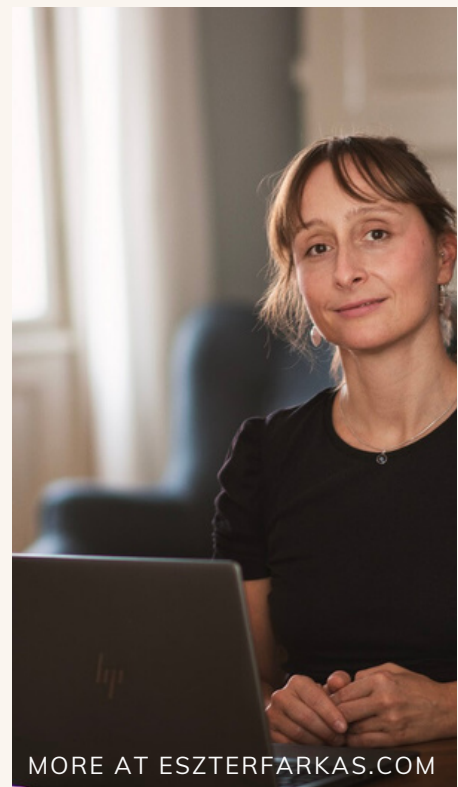
Explore our evidence-based programmes offering practical tools for reducing burnout and alleviating stress. Whether through a one-off session or a tailor-made bundle, Eszter helps you create a healthier and more resilient work environment.

TAILOR-MADE SERVICES

Select from a range of offerings, including guided meditation, chair-based yoga, deep relaxation for resilience, and mindfulness tools.

ABOUT ESZTER

A mindfulness meditation teacher certified by UC Berkeley and a yoga instructor, Eszter has worked with non-profits, the United Nations, and news agencies. This diverse experience informs her teaching, cultivating grounding and balance in challenging environments.



MORE AT [ESZTERFARKAS.COM](https://eszterfarkas.com)

Mindfulness, Meditation and Movement Services

RESILIENCE, STRESS-RELIEF, WELL-BEING

Standalone session

Choose from a variety of classes including introduction to mindfulness, chair-based movement, or meditation for improved well-being.

Mental health awareness bundle

A bundle of 4 sessions aimed at stress reduction, improved balance and resilience. Includes mindfulness, movement, meditation, and deep relaxation.

Greater well-being bundle

A distinct 8-session bundle for greater mental and physical health. Includes mindfulness in daily life, chair yoga, science of gratitude, deep relaxation and more.

Have questions? I'd love to chat.

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