



Event Details

Best Practice: Concepts For Active And Sustainable Lifestyle Changing Processes

Date	Time	Location
March 5, 2020	11:25 - 11:45	CityCube Berlin, Hall A1

- Supporting self-healing skills through:
- Natural Food - What is natural food and what does denatured food do in our body
- Natural remedies and their effects
- Biomechanical balance - What are the consequences of permanent sitting on our physical and psychological state?
- The importance of the parasympathetic nervous system - what possibilities are there to support recovery.

Tags

[Europe](#) [Health](#) [Wellness](#) [Best Practice](#) [Sustainability](#)

Speaker:

[Sven Huckenbeck](#), Group Spa Director, Ensana Health Spa Hotels

Official Partner Country
ITB Berlin 2020



Co-Host ITB Berlin Convention 2020



EXPERTENWISSEN –
IM ITB TICKET INBEGRIFFEN

Kurzfristige Änderungen vorbehalten.