



**ADD A NEW
HABIT**

Enjoy the pause that occurs!

How do you make the most of your time when standing in line?



Start with breathing exercises

Do you need help? Contact Oasen



"Me time" with Seda Aydin



When?

Thursdays at 12:00-12:30
27/2, 6/3, 13/3, 20/3

Where?

Basement 318

Who can join?

Everyone regardless experience and age, Tetra Pak employees

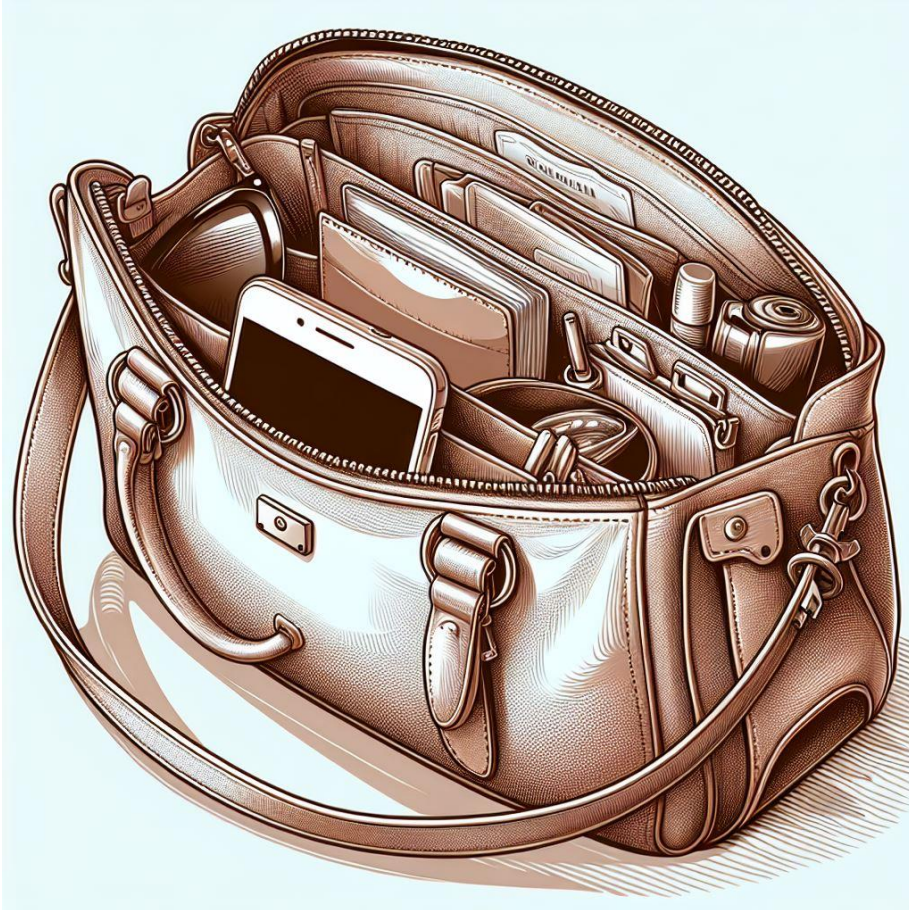
Why?

We all need to feel the calm in our bodies and easy poses that can be implemented by attendances later on by themselves

Book your spot here: [Select session for Easy Lunch Yoga Flows with Seda](#)

Take a break from your mobile!

Put it in your bag or in your locker during lunch



Be present!

Take a (present) fika with a colleague – catch the moment!



Try a mindfulness app



Mindfulness app



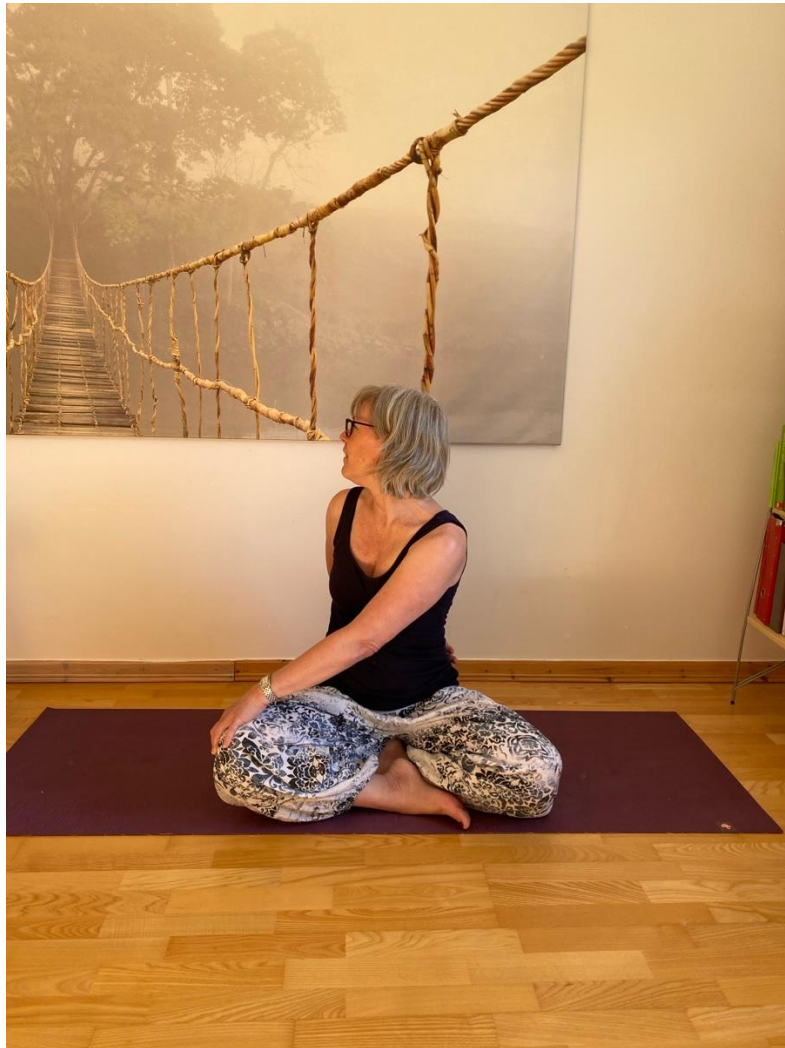
Calm



Spotify

Yin Yoga – Tuesdays 11:30-12.00

Want to try? Email Christel or Mindfulness & Yin Yoga section!



Yin yoga focuses on stretching our connective tissue.

Christel instructs in Swedish and in a fantastic way gives body & mind both recovery and strength.

Digital or in the basement 318

Need to change clothes? No!

Email: christel.lilja@nyinsikt.com or Stina.Thessen@tetrapak.com

Leave your mobile inside and go out!

At present the Tetra Pak-loop is closed, but there are other beautiful areas to take a walk in

