



How sustainable are you?

Inspiration to reduce pressure on the climate, your health and your wallet

We are constantly alarmed: Climate change, financial crises and other depressing scenarios threaten our future. How can you by identifying your own values change your lifestyle and at the same time reduce pressure on the climate, your health and your wallet?

Catarina Rolfsdotter-Jansson has written articles and books about health and sustainable lifestyle for 20 years. Catarina is a member of the steering group for Malmö Fairtrade City and holds lectures all over Sweden about sustainable lifestyle for companies and municipalities. She is a certified yoga instructor and focuses on connecting individual health with the health of our planet.

"I want to inspire people to find their incentive for a sustainable lifestyle with a strong focus on improving the quality of life. What's your incentive? Do you want to loose weight, become more energetic, cut your petrol cost? Do your worry about how the climate change will affect the future of your children?"

The lecture offers both facts and practical implementation including an "office yoga"-sequence. Catarina Rolfsdotter-Jansson's lecture gives your employees inspiration for positive change and techniques to reduce stress.

The lecture is held in your facilities and is one hour long. The participants are offered to buy Catarina's CD "Yoga hemma" at a special price.

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