

Welcome!

“Excellence in Balance” is a business / health program owned and operated by Sabine Fohrmann.

Sabine spent many years living and working in the Silicon Valley / California. There she was trained and certified as a Personal Yoga Instructor and Acupressure and Massage Therapist. She received years of personal training in Tai Chi, Qi Gong and Chinese Massage by Shaolin Kung Fu Master, Ai Hui Li.

To offer holistic support to her clients, Sabine has expanded her skills through various coaching techniques including Gestalt therapy in order to support her clients mentally as well.

Since then she has dedicated herself to promoting optimum health, combining physical, emotional and psychological aspects of training and growth.

Having spent her initial career as an Executive Assistant in an international environment, her work is now based upon years of experience and insight she gained in the corporate world.

Due to her professional background she specialized in working with corporations, implementing Corporate Fitness Programs and participating in Health Fairs. Her focus on Resource Management for Executives helps her clients optimize their leadership skills, fulfill their mission as a leader, and produce valuable results.

Her 1/1 sessions combine yoga techniques blended with Traditional Chinese Health Arts exercises, depending on individual needs and preferences. She promotes a balanced yet dynamic style, appropriate for all fitness levels. She also offers various styles of bodywork to help you maintain optimum health.

Thus she can help you achieve:

- strength gain, and increased core strength
- mobility, flexibility, coordination and endurance
- decrease of chronic pain
- improvement of overall energy and focus
- deep relaxation
- improved awareness on an emotional and physical level

Sabine’s very individualized work focuses solely on who you are as a person beyond what the world expects of you. If you would like to learn more about how she can help you bring out the best in you and the people you work with, please do not hesitate to contact her with any inquiry you might have.

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