

**VIVAMAYR**

medical health resort

MODULE

# Mental Resilience



YOUR  
HEALTH  
OUR  
COMMITMENT

Mental health is a fundamental pillar of holistic well-being. Concentration, inner peace, and emotional stability influence not only quality of life but also physical health. Building on VIVAMAYR PURE, VIVAMAYR Mental Resilience is designed to reduce mental stress and promote inner clarity.

WHY  
MENTAL HEALTH  
IS CRUCIAL

A stable mental balance is the foundation for quality of life and performance. Since stress and emotional strain directly affect the metabolism and immune system, psychological health is inseparably linked to physical well-being.

Mental strength allows you to face challenges with greater composure and fully realize your potential. VIVAMAYR Mental Resilience offers targeted support that focuses on clarity and inner stability. The combination of medical expertise and therapeutic measures in the tranquil atmosphere of VIVAMAYR makes it possible to sustainably strengthen your own resilience.

**01 Targeted regeneration for the mind**

VIVAMAYR Mental Resilience focuses on stabilizing the nervous system and promoting mental resilience. Chronic stress, inner restlessness, or mental exhaustion can severely disrupt your balance. Through specially selected therapeutic approaches, tension is released, relaxation and mindfulness are encouraged, and the natural regulation of the nervous system is supported.

**02 Support for the nervous system**

A balanced nervous system supports sleep, concentration, emotional stability, and general well-being. The combination of targeted therapies, medical expertise, and personal care creates a sustainable mental balance and strengthens your inner resilience.

**03 Health of body and mind**

Mental health unfolds its effect through the interplay of body and mind. VIVAMAYR Mental Resilience takes this connection into account, supporting body awareness as well as mental mindfulness. This creates a holistic approach that promotes clarity and inner strength.

**04 When we recommend this module**

This module is designed for individuals affected by persistent stress, mental overload, or inner restlessness, as well as for guests who wish to proactively promote their mental health. Even during periods of high professional or personal demands, VIVAMAYR Mental Resilience offers a unique framework to recharge and gain clarity.

MEDICAL  
SERVICES\*

- / Emotional Detox
- / Craniosacral therapy
- / Progressive muscle relaxation
- / Meditation/Qi Gong
- / Breathing therapy

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MODULE PRICE

**979 €**

\*In addition to your VIVAMAYR PURE Master Program, combinable with other modules.

**VIVAMAYR**  
medical health resort

Your new life begins where  
ancient wisdom meets  
modern science.



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