

VIVAMAYR

medical health resort

MODULE

Recovery & Performance



YOUR
HEALTH
OUR
COMMITMENT

Movement is the source of vitality and the joy of living. Building on VIVAMAYR Pure, VIVAMAYR Recovery & Performance supports you in increasing your physical performance and maintaining mobility.

FIT FOR THE
FUTURE

Regular and targeted movement is the key to increased energy and a greater zest for life. With VIVAMAYR Recovery & Performance, we support you in sustainably increasing your performance and maintaining your mobility well into old age. Through a program individually tailored to you, you will achieve noticeable progress that you can take directly into your daily life.

By choosing this module, you are opting for expert guidance that focuses on strength and flexibility. The combination of modern treatments and the tranquility at VIVAMAYR provides the ideal framework to fully realize your physical potential. Rediscover a new sense of ease in every movement.

01 **Increase strength**

Targeted treatments and exercises promote muscle strength, stability, and endurance. Through the combination of movement therapy, specialized training, and regenerative measures, you will experience noticeable energy, lightness, and well-being in your daily life.

02 **Improve body awareness**

VIVAMAYR Recovery & Performance strengthens the interaction between muscle power, flexibility, and posture, while simultaneously promoting awareness, concentration, and inner peace – for an all-round vital sense of life.

03 **Individual movement programs**

Each guest receives a movement program tailored to their specific needs, providing sustainable support for physical performance, coordination, and flexibility. All measures are professionally guided and adapted to ensure every step leads to greater vitality and ease.

04 **When we recommend this module**

This module is designed for individuals looking to specifically improve their mobility, strength, and balance, as well as for guests who wish to proactively increase their physical performance. VIVAMAYR Recovery & Performance offers a premium framework to sustainably strengthen vitality and well-being.

MEDICAL
SERVICES*

/ Cardioscan performance	1
/ Functional body diagnostics	1
/ Osteopathy	1
/ Ion induction	1
/ Intermittent hypoxic-hyperoxic therapy	1
/ Cryotherapy	1
/ At-home training program	1

MODULE PRICE

838 €

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

VIVAMAYR
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Your new life begins where
ancient wisdom meets
modern science.



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