



PILARHERREROS.COM



EMPOWERING INDIVIDUALS, CORPORATIONS,  
AND ORGANIZATIONS TO RESTORE HARMONY  
AND WELL-BEING INTO DAY-TO-DAY LIVES.

## 5 MINUTES A DAY FOR A MORE SERENE, PRODUCTIVE, AND FOCUSED TEAM

In today's demanding work environment, companies face increasing challenges related to stress, low productivity, and employee well-being. "Mastering Serenity" offers an innovative approach that addresses both mental and physical health, promoting balance, resilience, and energy increase in the workplace.

### IMPLEMENTING **MASTERING SERENITY**

Inspired by the 5-Min Relax Method and the Best Seller EN TI, ESTÉS DONDE ESTÉS (Within You, Anytime Anywhere) is a practical and effective solution designed to help teams find balance, clarity, and well-being in their daily lives.

## What is the "Mastering Serenity" Method?

It is a comprehensive program that includes:

- **The 5-Min Relax Method:** A quick and effective way to reduce anxiety and promote serenity anytime, anywhere.
- **Corporate Mindfulness:** Guided Meditation. Enhances focus, emotional clarity, and mental calm.
- **Low-Impact Physical Exercises:** Stretching sessions, Pilates, Yoga and other activities to relieve muscle tension and improve posture.

### Our flexible approach allows customization to meet the specific needs of each team.

- Boosts emotional well-being, fostering better relationships and conflict resolution.
- Improve mental clarity and focus.
- Reduces stress and anxiety in just 5 minutes a day.
- Increases energy and vitality, creating more engaged and active teams.
- Improves posture, preventing back pain and work-related injuries.
- Reduces sedentary habits by promoting movement throughout the workday.

Better Mental Health

Increased Productivity

More Energy and Creativity

Every company has different needs and budgets. We offer adaptable plans, including one-time sessions, monthly programs, or continuous implementation, ensuring flexible contracting options.



Pilar is the creator of the book *"En Ti, estés donde estés"*, which within just a few hours **became an Amazon best seller** in the category of Human Development and Self-Improvement. It is a practical guide to reducing stress and living with greater harmony.

## Implementation Options:

### Combined Workshops (In-Person or Virtual):

- 5-Min Relax Method and guided mindfulness sessions.
- Light physical activities such as stretching, Yoga or Pilates.

### On-Site Team Programs:

- Pilates or adapted exercises in office spaces.
- Relaxation sessions using breathing techniques.

### Hybrid Plans:

- Virtual sessions for convenience.
- In-person activities for office teams, CEOs or corporate events.

## Program Structure:

- **Initial Session:** Assessment of the team's physical and emotional needs.
- **Weekly Sessions:** A combination of the 5-Min Relax Method, meditation, physical exercises, and mindfulness dynamics (30-60 min).
- **Ongoing Support:** Adjustments based on team progress.
- **Additional Resources:** Practical guides, exercise routines, and meditation tools.

## Investment and Flexibility:

We offer tailored plans to fit your organization's needs and budget, including one-time sessions, monthly workshops, or ongoing programs, with flexible payment options available.

## Our Commitment:

We believe that a healthy team is the foundation of organizational success. Our mission is to strengthen the mind and body of your employees, creating a more balanced, productive, and harmonious work environment.