

Przemysław Wardejn



Completed his master's degree at the University of Warsaw's, has been working on personal development for more than a dozen years. Personal trainer, health coach, mindfulness teacher, yoga instructor, Ayurvedic consultant. He was educated at the Bad Antogast Academy in Germany, graduated from the Ayuskama Institute in Rishikesh, India, as well as at many courses and workshops in Poland, United States and Canada. He led over 5000 hours of training for both companies and open groups. He worked with Ukrainian Army soldiers suffering from PTSD and organized charity projects for children from the poorest families in Gambia. He is an enthusiast of a healthy lifestyle, was the initiator and organizer of Live'n'Act development festival and cyclical events for students called Czysta Jazda.

At the Congress, there will be presented alternative ways to reduce stress that surgeons undergo in their day-to-day, responsible practice. Thanks to simple but effective techniques, everyone can effectively reduce the tension and thus enjoy better results. During the lecture will be discussed both the theory and genesis of the shows shown, but first and foremost, the workshop will be geared to practice, so that each participant can use the transmitted content on a daily basis.