

My services

NATURE FIT TIME

Beginner-friendly outdoor workouts in stunning natural spots – guided by me, with no equipment, just movement, breath, and connection in small groups.

GARDENING

Life might give you reasons that you are not able to work on your garden anymore. You have the working tools and the ideas what to do and I can provide you with my workforce.

WRITING

If you need a small text - positive thoughts, an article or even a poem - for your project within a reasonable time, I am happy to help you.

MESSAGES

I can offer you a sensual massage if the chemistry between us feels right. You choose the location where you feel comfortable and give your imagination wings.

CREATIVITY

Let's create a better world. I would love to contribute to your project with my experience - almost 20 years as a project manager and an environmental engineer and almost 10 years in organic farming and permaculture.

PHOTOS/VIDEOS

You need a photo or a video of a specific situation. I might be at the right place during my travels that you will need for your project.

TIMEGIVER

You need a soul to talk to and who listens to you without prejudice. I would like to share my time with you.