

Personal Development

Support of individuals

Team development

Seminars

LinX® annual course

LinX® schooling

Sports courses

Kayak- and Canadier-Courses

*Training and advanced training of canoe
instructors*

River trekking

Surprise days (on the move in the elements)

Courses in climbing, hiking and running

Courses in snow sports

Body/Health

Body therapy – individual treatment

Talk therapy

Health therapies

Courses

Designing/Sculpturing

Wood, stone, plaster, metal

Courses, Workshops

Jewelry workshop

mit **LinX®** lernen

sports movement development

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«LinX» Can Change Your Life

Meeting point: Versam Station. *At the riverside. In the «LinX®». House of Design. Close to the junction of the Hinterrhein and Vorderrhein rivers. Welcome.*

Change your perspectives. *Everything becomes possible. New life strategies will be developed. Awareness broadened. New power and energy potentials found. Apprehension. Experiencing what you want and need. And what you want to change.*

Moving the exterior. Moving the interior. *The key to success. For you. For professional and hobby athletes. For managers. For vocational persons. For private persons. «Learning with LinX». In the calm. In seminars for personal development and awareness training. While canoeing and mountain climbing. While skiing. While designing. Linking emotion, spirit and body. With LinX®. With Karoline Steinmann Frey and the LinX®Team.*

LearningWithLinX – Our doors are wide open.