

Engage your participants with active sessions

FITNESS.NUTRITION

Energise your day!

Yoga – Nia - Pilates

Vitality Moves

Do you want increased participation, focus and energy at your conference?

Mix it up with a session facilitated by Michelle Redman.

Michelle will energise your employees, sustaining their attention and awareness - creating lasting team spirit.



Vitalitymoves

Healesville

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Tailor your session from the menu below

Michelle Redman of Vitalitymoves is a Yoga, Pilates and Nia Instructor, a Personal Trainer and has 20 years nursing experience. She is fully insured and First Aid qualified.



Boot Camp

An outdoor session in traditional boot camp style or team games using props such as bands and balls.

Aimed at providing strength, increasing the heart rate and inducing grunt and laughter, this session will have participants feeling energised.

Nutrition

An inspiring session on food. We can discuss the value of breakfast before starting work, ideas and recipes on how to plan for a healthy lunch whilst at work and how to avoid the take away trap.

Education about food groups, what are protein-rich foods, fats and the value of carbohydrates can be included.

Relax – Stretch – Rejuvenate – Yoga – Pilates

Commencing with breath work to engage the mind-body connection, the session moves into full body stretching using yoga and Pilates and can conclude with a guided meditation.

This session reduces physical and mental tension and creates an understanding of the benefits of the mind, body, breath connection. Options of Pilates exercises designed to improve posture and preventing neck and shoulder and back pain can be included in the session.

Nia

If you are ready to be tempted by something new and fresh then Nia is for you! A well being, fitness practice that empowers people to achieve physical, mental and emotional health.

Nia believes in "The Joy of Movement" rather than the old mantra no pain, no gain. Nia blends a range of rhythmic music styles with carefully choreographed routines.

Cost is generally \$200 per hour, depending on numbers.

Sessions longer than one hour can be offered at a reduced hourly rate.

Please let us know about any special health concerns prior to the sessions so we are fully prepared to bring you the best session possible.