

# Vitality for your Business Conference



## Do you want to increase and energise participation 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.

Michelle Redman of Vitalitymoves is a Yoga, Qigong, Pilates, Nia Instructor and a Personal Trainer. With a previous 20-year health industry background, she can accommodate everybody. She is fully insured and First Aid trained.

### **BREATHE – STRETCH – REJUVENATE.**

Commencing with breath awareness to engage the mind-body connection, move into simple stretches using yoga and Pilates. Learn some easy movements to reduce workplace related neck and back tension, conclude with Qigong or meditation.

Just one session can reduce physical and mental tension. Learn how simple easy movement can enhance your wellbeing, improve awareness, posture, prevent further pain and increase cognitive alertness.

### **Dance NIA**

Nia is a guided fun, dynamic movement/dance practice that leaves you feeling energized and alive. Blending the latest body-mind science with ancient wisdom. With bare feet, a breath to quieten the mind, listen and slowly start to move to the music. This grounded system then brings in cardio to get you going. Your body will love this blend of Martial, dance and healing arts. Nia inspires you to feel your vibrant and joyous self.

### **NUTRITION**

This is an inspiring session on how to eat well in the workplace.

Avoid illness from convenience eating and the take away trap. What is the best nourishment for the workplace? What are carbs, are fats bad, discuss the pros and cons of alcohol.

Make your food interesting energising and healthy.

Cost is \$400 an hour, 45 minutes \$300.