

'Conscious Living' Mind-Body Workshop

DE-STRESS • RE-CHARGE • DE-FRAG • RE-FOCUS

This stand-alone workshop (or perfect complement to a keynote) is the ideal way to:

- › energise a conference or rejuvenate your workplace health
- › have your team learn how to thrive amidst ever-growing work demands
- › improve resilience, mindfulness, all-round health & stress-free work success

Combining yoga, meditation and Mark's two decades of research in both modern western and ancient eastern science, this fun, interactive session, teaches a number of simple, user-friendly practices for minimising stress & maximising calm (getting and staying 'more zen') – while maintaining high-level business performance.

"Brilliant! Fun, engaging and made learning entertaining."

ANNIE MEYER – YOUNG PRESIDENTS ORGANISATION – PAN ASIA CHAPTER

MARK BUNN

"One of the best Professional Development seminars I have attended in 23 years"

BEVERLEY BELL
PENRHOS COLLEGE

LEARN:

- › MEDITATION & MINDFULNESS – the latest 'mental technologies' of performance, how to go 'beyond' mindfulness and the world's No.1 practice for total brain development
- › AGE-OLD BREATHING TECHNIQUES to dissolve stress & supercharge exercise performance
- › YOGA (FOR ANYONE) – an easy, portable yoga stretching sequence requiring no change of clothes – can be done anywhere, anytime. Improves all-round strength, muscle tone and joint health and is suitable for home and office. Specific stretches for poor posture and office ergonomics also possible
- › SLEEP SECRETS – a whole ancient wisdom segment on sleeping well ... almost every night!
- › NO STRESS WORK SUCCESS – simple (forgotten) keys to preventing stress in the first place

Hands-on exercises and practices taught during the session. No special clothing required – loose fitting casual or work-clothes is fine. Can be run as a stand-alone workshop or part of a longer conference or training session.