

'Conscious Living' Mind-Body Workshops

YOGA • MEDITATION • NUTRITION • BREATH

Want to add some physical activity (Zest), relaxation (Zen) or mindful focus (Zone) to your event?

WOULD YOU LIKE TO...

- › spice up or chill out your conference or create a happier, calmer workplace?
- › have your team learn simple tools for combating stress, anxiety, exhaustion & negativity?
- › boost morale, motivation, mindfulness, productivity and positivity?

Now you can with an entertaining workshop or conference energiser with Mark Bunn &/or Annie Ellis-West - an internationally trained Yoga teacher and nutrition coach.

"One of the best professional development seminars I have attended in 23 years"

Beverley Bell
PENRHOS COLLEGE

MARK BUNN

"Thank you thank you. So many attendees said your session was 'the best wellbeing session we've ever had'. You and Kurt Fearnley were the standouts from our entire conference."

Angela Tan
PEOPLE'S CHOICE
2018 CONFERENCE

WORKSHOP OPTIONS:

- › **YOGA:** Live, onsite workshops &/or virtual sessions. Mini-yoga or stretching segments can be incorporated into any conference or off-site event or try 'desk-yoga' for your workplace.
- › **DIET & NUTRITION WISDOM:** Short talks or breakout sessions on topics such as; healthy eating for people on-the-run, home cooking tips & tricks, food secrets for optimal energy, focus & calm.
- › **MEDITATION:** Guided group sessions in basic mindfulness techniques through to more advanced practices.
- › **BREATH WISDOM:** Learn the latest breakthroughs of breathing for boosting all-round health and mind-body performance.

* All workshops based on practical, hands-on activities, immediately useful take-aways and suitable as stand-alone sessions or the perfect complement to one of Mark's inspiring keynotes.

[MORE INFORMATION](#)

