

TEACHERS & SCHOOL STAFF

Relax and Revive incorporates mindful movements, yoga-inspired poses, breathing techniques as well as relaxation and meditation segments that will have you feeling invigorated, energised and ready to take on the day's challenges. Leave with a clearer, more focused and positive mindset, whilst improving your mobility, flexibility and strength.

Dance Fit gives your mind and body a good heart-pumping workout to new hits and classic oldies cranking your energy and productivity levels at work. Those who say they're unfit, have no dance experience or own a pair of two left feet are especially encouraged to join in!

Dance Performance is specifically created for staff who want to break it down and boogie for an upcoming concert or show! Team bonding and personal development doesn't get much more fun than this!

BENEFITS:

- ✓ Powerful and fun team-building experience
- ✓ Improved energy and productivity
- ✓ Suitable for all levels and learning abilities
- ✓ Stress-release and improved mental clarity, fitness and overall wellbeing
- ✓ Completely tailored to suit your needs and interests
- ✓ Fresh, current, dynamic and FUN!

OUR INSTRUCTORS:

- ✓ Hold Police Clearance and Screening Checks (State, Independent & Catholic)
- ✓ First-Aid trained
- ✓ Qualified in Teaching and/ or discipline-specific trained
- ✓ Extensive teaching experience locally and overseas
- ✓ Energetic, fun and passionate about education and personal development



GROUND FORCE STAFF DEVELOPMENT PROGRAMS

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FREE TRIAL!
New Schools & Centres