



— MINDFUL MEDITATION WALK —

A unique Wellbeing Program for the corporate sector

- Supports greater health & wellbeing by decreasing stress, tension and anxiety, through mindfulness
 - Calms the mind and opens the pathways to the brain by increasing mental focus and creative thinking
- Enhances team work, cooperation and mutual respect in the workplace
- Improves productivity by reducing absenteeism due to mental work related issues.



DANCE FOR PEACE
Education Innovation Transformation



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- Walking meditation through a labyrinth pathway
- Half day program with a healthy morning/afternoon tea
- Focusing on deep relaxation, core values and inner peace
- Time to rest, relax, re-focus and refresh the body, mind and spirit
- Return to the work place with strength, peace and renewed purpose

Leading Educator Maria Savant brings presence, experience & wisdom to her program, Mindful Meditation Walk.



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POSITIVE



FOCUSED



TEAMWORK