



exercise is optional, movement is essential

We're passionate about helping people to switch off from autopilot, to build their mindfulness muscle and to encourage easy, gentle and flowing movement into everyday life.



what is mindful movement?

Being mindful means paying attention to the present moment in a particular way. When we bring this together with gentle stretches and flowing movement we have 'Mindful Movement'. We mindfully focus on our movement and our breath creating a relaxing but energising moving meditation.

- Business attire friendly
- No sweating
- No mat work
- Office friendly

why bring mindful movement to the workplace?

Movement reduces our risk of chronic disease and improves our overall wellbeing. Mindfulness and Movement together packs a powerful mental and physical health punch.

- Increase productivity and creativity
- Reduce stress and anxiety
- Improve focus and concentration
- Improve physical and mental health
- Build emotional resilience & leadership skills



sessions & programs



Outside your head

30 - 45 minutes

Get outside your head and combat fatigue and stress. This introduction to Mindful Movement will inspire clarity, creativity and productivity. Great for your next Planning Day, Corporate Wellness Day, Team Building Event, Conference or Training Program.

EmPOWER your team

Workshop - 90 mins

This workshop equips your team with their own personal stress and fatigue busting skill set. We teach participants a Mindful Movement based series they can use anywhere, anytime, in only 3 minutes. This session will reduce anxiety & stress and increase energy, creativity, productivity & overall health.

Great for Corporate Retreats, Team Building & Wellness Days

Weekly express de-stress

6 x 30 minutes

This a a weekly assault on stress and sedentism. This program introduces Mindful Movement to your workplace and kick starts a new wellness culture for your team. This program teaches great moves that defeat the office sit, slouch and strain cycle.

Ongoing / Advanced programs available

Rock on and be still

8 x 60 minutes

Flex your mindfulness muscle with this 8 week Stillness-based Mindfulness Meditation course. Increase focus and concentration, build emotional resilience and improve leadership and communication. Individual and group courses available.

* Custom programs also available

we believe:

- In taking care of our body - its the only place we have to live
- In taking moment to connect to our body, mind and spirit, through this we can feel happier and healthier
- In building self awareness so that we can better understand ourselves and better connect and understand the people around us

learning these skills brings:

- Improved overall health - physical, mental, emotional
- Emotional resilience & empathetic leadership
- A greater ability to be calm and effective within the work/home environment
- Greater wellbeing and an improved quality of life

what's our story?

"Its our mission to inspire people to build their health, awareness and vitality through Mindfulness and Movement. In our busy and sedentary lives it has become crucial to take a moment to unplug from the outer world so that we can connect to ourselves, build emotional resilience and care for our bodies.

Our form Mindful Movement is accessible to anyone, regardless of age or fitness level. We design flexible programs to meet the diverse needs of the wide array of people we help, support and mentor.

We have successfully run programs and sessions for AFL Players Association, various Aged Care and Early Learning Centres, Health & Fitness organisations and corporate businesses.

Mindful Movement has the capacity to change the lives of people everywhere."



Nicole Betts

After 15 years of a career in the world of business; high heels, cranky customers, peak hour traffic and the continual looking forward to the weekend grind, Nicole decided it was time to create a life she loved and a career that made her feel excited to go to work each day.

Nicole now helps others to create space in their lives through mindfulness and movement and to improve their health and wellbeing.

POW
PURSUIT OF WELLNESS

www.pursuitofwellness.com.au
info@pursuitofwellness.com.au
1300 880 137

