



Workplace & School

Yoga - Pilates – Meditation

At your office, school, special event or online.

We come to you and share the benefits of Yoga, Pilates or Mindfulness with your colleagues or students.

It could be a course structure. For example, a 1 hour session, every week, for 6 weeks. Or a special one-time session.

An Initial single session can be arranged before courses begin.

We have teachers based in Eltham and Melbourne's inner north and south.

All our teachers are fully trained and experienced, are covered by Workcover, Professional indemnity and Public Liability Insurance and have current first aid and CPR certificates, are fully vaccinated and are a delight to work with!

Prices vary according to requirements and location.
and range between \$150 - \$250 per session, plus gst.

To find out more about how we can best help fulfil your special requirements,
please phone Gillian on 0425 860 170 or

[email us](#)

Over the last 21 years we have taught workplace and school sessions at:

Orica

Energys Bootcamp Conference, Yarra Valley

Portfolio Partners

Visy Board

Monash IVF

Inner East Community Health Staff

Yarra Employee Health & Fitness Program

Nillumbik Shire Council Staff

Ruyton Girls Grammar

MLC Rowing Club

University College Melbourne University

International House Melbourne University

Melbourne School of Business Viewbank College VCE Induction

Mosaic Inner East Mental Health Services

Academy of Mary Immaculate Sec School Year 10

Strathmore Secondary College Middle School

St Kevins College Year 9

Craigieburn South Primary Teachers

Loyola College Senior School

Christ Church Grammar Teachers

Melbourne Girls College Middle School

Marcellin College Staff

Siena College Students Yoga Club

Eltham East Primary Staff

Eltham North Primary Staff

Eltham High community, students and staff

Camberwell High School Year 8 & 9

Greensborough College Teachers

Eltham High Year 12 Study Camp