

FUNCTIONAL SUSTAINABLE INTENTIONAL MOVEMENT

Move smarter, not harder

Progressive movement sessions for strength, mobility, endurance and mental health in the workplace.



ART-FULL OF LIFE
MOVEMENT & YOGA

MOVE WITH PURPOSE

FUSING FUNCTIONAL
MOVEMENT, YOGA, FITNESS,
BREATH AWARENESS,
INTENTION AND PURPOSE
TO BUILD A SOLID
FOUNDATION THAT KEEPS
EMPLOYEES MOVING AT ANY
STAGE AND ANY AGE!

4 to 12 week sessions*

Max of 20 employees/session

1 hour/session

\$100 - \$150/session

*10% discount offered for 10-12
week sessions



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Movement, Yoga & Fitness
for Every BODY

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