



HOW TO STAY AHEAD OF THE GAME

DITCH WORK STRESS IN 10 MINUTES.



Do you want to learn how to combat stress at work?

Do you want to stay sharp and focused?

Do you want to get rid of 3pm brain fog?

Do you want to know how to bounce back from a 'bad' day?


Do you want to hear about tried-and-tested techniques that can make you feel better, any time and anywhere?

Of course you do.

The modern workplace is fast-paced, demanding, overwhelming and full of distractions (thanks, social media). It's plagued with situations that can stress us out and drain our energy. Luckily, there are a few tools you can rely on to put you back on your A-game.

In this one-hour workshop, you'll be taught how to de-stress, recharge and refocus in 10 minutes flat.





Together, we unite kinesiology, transformational life coaching and yogic principles. We're strong believers in harnessing the mind-body connection to eliminate stress from your life. After an hour with us, you will be too.

We'll teach you how to use your body to get energy moving in a positive way. The techniques involve acupressure stimulation, breathing, and some movement, and the best part is - they can be done whenever you feel the need.

In order to work effectively and maintain balance in your life, you need to be able to recover from stressful or tiring situations and get back on track quickly and effortlessly.

These 10-minute techniques help you do exactly that. They're easy, they're powerful, and they **work**.

Trust me.

THE FINER DETAILS

What we cover:

- > How stress impacts every single part of your life.
- > How taking responsibility and action is paramount. Let's call it self-empowerment! You're only a victim of stress if you allow yourself to be.
- > How we can use our energy systems to eliminate stress and refocus immediately.

What you get:

- > 3 stress-releasing and focus-enhancing techniques to use forever.
- > A guided yoga nidra meditation.
- > Yoga stretches you can do while you're sitting at your desk.





ABOUT US

It's safe to say we know what we're talking about.



Clare Woodward
0408 359 922

Is a Sydney-based transformational coach and kinesiologist who believes that really knowing yourself is the key to a happy, self-loving life. Using a combination of powerful techniques, Clare empowers people to lead the kind of authentic, fulfilling lives they want and deserve. She peels back the layers to help them let go and live with intention. In a nutshell, Clare helps her clients to realise and live their potential, every day.



Melanie McLaughlin
0414 508 247

Is a seasoned yogi who has been teaching for over 14 years. After a lengthy stint in India and training in power yoga, vinyasa flow and yin yoga styles, she create her own blend of yoga, which is a mix of modern Western and traditional Indian and Daoist techniques. As one of the founding directors of This is Yoga in Clovelly, Melanie strongly believes in the power of the practice to align our minds, bodies and spirits, and ground us against the stresses of everyday life.

Contact Clare or Melanie today to find out more.

