

Conference With A Difference

The Willows has partnered with MM...Yoga! to bring yoga to your next conference.

This mobile company is able to cater for small and large groups, and the flexibility of The Willows spaces will enable you to utilise both indoor and outdoor locations for multiple or individual sessions.

About MM Yoga:

MM...Yoga! is the brainchild of Nadine Fawell. She is a walking poster girl for all the good things yoga can do. You name the ailment, she's probably had it – depression, anxiety, eating disorders, and as many joint issues and injuries as you can poke a stick at. Also, she spends way too much time at her laptop, so she knows about sore necks (and wrists and shoulders). Those ailments now? Gone! Thanks yoga!

She and her team of teachers bring quirky, no-fuss yoga to venues all over Melbourne. You can find out more about them at www.yogainmelbourne.com

Pricing:

20 minute chair yoga: \$80 per session

30-45 minute mat yoga: \$135 per session

No minimum or maximum numbers; and MM..Yoga! can provide mats free of charge for up to 15 people.

For more information about how to add yoga to your next event at The Willows, talk to Bridee:

bridee@thewillows.com.au

Chair Yoga:

This short, easy session is appropriate for everyone and gives people relief from neck and shoulder tension, aching wrists, and poor breathing patterns. Delegates will learn simple stretches you can do any time, plus breathing exercises to help you re-focus and relax. And ideal way to end your morning sessions before lunch, or to start the day!

Mat Yoga:

Doing yoga with your work colleagues is a great and unusual teambuilding exercise. Nobody is great at everything, some people will have never tried yoga before, and the silliness of not being able to touch toes often brings up laughter, lightening the mood. These sessions focus on the physical wellness aspects of the yoga practice – it's designed to be accessible to everyone, so they certainly steer clear of chanting and making people stand on their heads!

