

WELLNESS AT WORK

working from home?
move from home too.

customized movement sessions
for working professionals





Wellness at Work

*Customized Movement Session
Corporate Professionals*



Wellness at Work

- The key to feeling truly empowered, alive and healthy lies in having an unwavering connection between mind, body, spirit and breath. And happy, healthy employees lead to a happy, healthy business.
- Immobility leads to premature aging and movement connected to breath is the pathway to wellness!

EXPERIENCE THE BEST

Attakkalari's ace faculty are experienced, insightful and simply the best. We offer customized ONLINE movement sessions designed to energize the workplace. Leveraging years of experience and expertise, our sessions are a unique combination of yoga, dance and functional fitness delivered in an accessible way to ensure increased mental and physical agility, strength, fitness and wellness. Our goal is to help you cultivate an atmosphere of productivity and positivity at workplace.



About Attakkalari

Attakkalari Centre for Movement Arts is the premier contemporary dance organization in India, that has made enormous contribution to the dance scene in India since its inception in Bangalore in 2001, particularly in the realm of education, training, research, choreography, productions, performances, festivals and stage technologies.

As an organization invested in transdisciplinary exchanges and collaborations, Attakkalari has developed strategic global partnerships and produced many international arts events. Driven by its motto **'Traditional physical wisdom, Innovation and Technology'**, Attakkalari has successfully brought together knowledge and wisdom from Indian physical and performance traditions and blended them meaningfully with information and skills created elsewhere in the world. Its training programmes are world class.

For further information on Attakkalari please visit www.attakkalari.org



The Artistic Director

JAYACHANDRAN PALAZHY

Jayachandran Palazhy is a changemaker and a visionary leader whose work has impacted the development of contemporary dance in India through many of his strategic interventions and initiatives. Jayachandran is an internationally sought-after dancer, choreographer, teacher and the Artistic Director of Attakkalari Centre for Movement Arts, Bangalore.

He has trained at London Contemporary Dance School in Contemporary Dance, Ballet, Tai Chi, Capoeira, African Dance forms and in India Bharatanatyam, Kalarippayattu, Yoga, Kathakali and folk forms. A gifted and innovative choreographer, Jayachandran's collaborations with international artists have resulted in some very exciting multimedia dance productions that are a regular feature in many of the best festivals and venues across the world. He has worked as director, consultant and mentor for dance festivals and residencies in different parts of the world. He teaches as a guest faculty in reputed universities in India and abroad.





Faculty

Each of our faculty are well-trained, certified professional practitioners backed with research and a minimum of 10 years of international experience in dance and movement education.

Sessions are accessible through online video conferencing platforms. We can connect across cities and borders to work out a mutually convenient schedule with you!

Add our online movement sessions to your team's work schedule and we are sure that will make them feel better and more productive than before!



What Do We Offer?

- **Charge Up:** Movement session to begin the work-day on a powerful note! Multiple sessions available from 7am to 10am.
- **Mid-Day Fire:** Movement session at around 4pm, to shake off the post-lunch daze.
- **Wind Down:** Relaxing movement session to calm the mind and body.
- Completely **Customized Programs** catering specifically to the organization's needs including sessions with longer duration or even personal sessions.

Sessions are specially designed to accommodate possible space constraints at workplace or home – we use chairs, desks or even corridors. We are adept in making the sessions fit the needs of every individual in the group, catering to varying levels of abilities and age ranges. No prior practice/training is required.



Proposal

- We provide customized sessions suitable for all levels, including beginners.
- For every online session, apart from the faculty who conducts the session, we also have an admin person for supervising every session.

We offer two types of classes on our online platform -

1. Interactive LIVE sessions -

Here, the faculty supervises each person individually and answer their queries. The sessions are conducted for a duration of 30-60 minutes. We conduct these sessions via zoom platforms.

**The number of participants is limited to 20/session

2. Non-interactive sessions -

This view-only platform allows all the employees to experience the movement sessions for a duration of 45-60 minutes. We conduct these sessions via zoom webinar.



Book your
FREE TRIAL
CLASS now!

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ATTAKKALARI
Centre for Movement Arts