



DANCE BODY MIND



WELLNESS PROGRAMS

**EMPOWERING WOMEN
IN THEIR
MIND, BODY & SOUL
THROUGH
COACHING, DANCE &
MEDITATION**



OUR SERVICES

- WELLNESS WORKSHOPS
- MOTIVATIONAL SPEAKING
- TEAM BUILDINGS
- INTERNAL EVENT
CURATION FOR EMPLOYEE
- LUNCH & LEARN



WHAT WE DO

DANCE BODY MIND
TAILORED WELLNESS PROGRAMMES
THAT ARE AIMED TO BENEFIT
FEMALE EMPLOYEES OVERALL WELLBEING

**AT DANCE BODY MIND, WE HAVE CREATED
PROVEN CORPORATE WELLNESS PROGRAMS
THAT THROUGH
DANCE, COACHING & MEDITATION
HELP WOMEN
RECONNECT TO THEMSELVES
RECLAIM THEIR MIND & BODY BACK
WHILE
HAVING FUN
CONNECTING & SUPPORTING EACH OTHER
WHILE MEETING
ALL THEIR ADDITIONAL WELLBEING NEEDS**

HOW CAN DANCE BENEFIT MY TEAM?

AFTER MORE THAN 10 YEARS IN THE BUSINESS,
BECOMING ONE OF THE LEADING BELLY DANCE SCHOOL IN THE UK,
MEETING & TEACHING TO MORE THAN 5.000 WOMEN
AT DANCE BODY MIND WE BELIEVE THAT
MIND & BODY
ARE TOTALLY CONNECTED TO EACH OTHER
AND
WE USE DANCE AND ESPECIALLY BELLY DANCE
AS THE MOST NATURAL & A POWERFUL TOOL
FOR HEALING AND SELF EXPRESSION
TOGETHER WITH COACHING AND MEDITATION

THROUGH DANCE WE WILL LEARN TO
USE OUR VOICE
LOVE OUR BODY
FEEL EMPOWERED

**"DANCE IS THE MOST BASIC AND MOST HONEST
FORM OF COMMUNICATION
BETWEEN MY MIND AND MY BODY
AND BETWEEN ME AND THE WORLD."**

- WHITNEY THORE

TRAINING AND WORKSHOPS

BOOK US FOR INTERNATIONAL WOMAN'S DAY!

"EMPOWERED THROUGH DANCE"

AN INTERACTIVE SESSION THAT DEMONSTRATES
HOW DANCE AND ESPECIALLY BELLY DANCE TOGETHER WITH
CHAKRA MEDITATION AND COACHING
CAN RADICALLY IMPROVE
YOUR PERSONAL AND PROFESSIONAL PERFORMANCE
BY UNLOCKING
YOUR CONFIDENCE, YOUR SELF WORTH, YOUR STRENGTH,
AND YOUR FEMININITY,
IN ANY ASPECT OF YOUR LIFE

**THE WORKSHOPS TYPICALLY LAST FOR 2/3 HOURS
AND IS PERFECT FOR TEAMS OF UP TO 100 PEOPLE**

THE WORKSHOP WILL INCLUDES:

PART 1

AN INTERACTIVE TALK WHERE CLAUDIA WILL TALK ABOUT HER JOURNEY
OF EMPOWERING WOMEN
AROUND THE WORLD THROUGH DANCE BODY MIND.
SHE WILL UNDERLINE KEY PARTS OF HER JOURNEY
WHICH WILL INCLUDES: MENTAL HEALTH,
LACK OF SELF WORTH & SUPPORT FOR WOMEN OF DIFFERENT SHAPE IN THE WORLD
AND HOW POWERFUL DANCE, MEDITATION & MOVEMENT ARE TO HELP US EMBRACE
OURSELVES, REGAIN OUR CONFIDENCE AND
FREELY EXPRESSION OURSELF

PART 2

PRACTICAL MIND-BODY EXERCISES WITH THE AUDIENCE
SUCH AS
GUIDED CHAKRA MEDITATION, BODY CONNECTION, QUESTIONS & ANSWERS,
DANCE MOVEMENT SESSION
AND A FINAL CHOREOGRAPHY
WHERE CLAUDIA WILL GO THROUGH HER TOP EMPOWERING DANCE MOVES WITH THE
AUDIENCE

PRICES: FROM £100 PER HOUR
CONTACT US FOR AN IN-DEPTH CHAT

[CLICK HERE](#)

MOTIVATIONAL SPEAKING

OUR FOUNDER
CLAUDIA MASSERA

SHARES HER INSPIRATIONAL STORY
OF NAVIGATING MENTAL HEALTH, PASSION AND BUSINESS
IN THE WELLNESS & ENTERTAINMENT INDUSTRY

FROM THE DANCE FLOOR TO THE STAGE & BOARDROOM,
BOOK CLAUDIA MASSERA
TO SPEAK AT YOUR EVENT,
FACILITATE A WORKSHOP, A RETREAT,
AND ROCK YOUR AUDIENCE!

BORN IN ROME, RAISED IN LONDON
CLAUDIA MASSERA IS A WELLNESS COACH, PROFESSIONAL DANCER & CHOREOGRAPHER,
PERSONAL TRAINER, CRYSTAL HEALER, LIFE COACH, NLP PRACTITIONER,
STORY TELLER, PUBLIC SPEAKER,
FOUNDER OF DANCE BODY MIND & MEDANZ,

A 15+ YEAR ENTERTAINER, WOMEN EMPOWERMENT ADVOCATE
AND SELF MADE "ENTREPRENEUR OF THE ART"
WITH A BURNING PASSION
FOR THE LANGUAGE OF THE BODY...DANCE!
AND A DREAM TO MAKE THE WORLD
HEAL THEIR DEEPEST WOUNDS
THROUGH MUSIC & DANCE.

"DANCE, MUSIC AND SUN ARE MY KIND OF MEDICINE
AND I BELIEVE SOON DANCE WILL BECOME
A HEALING TOOL
AS POPULAR AS MEDITATION & YOGA"

**CLAUDIA WILL DAZZLE YOUR AUDIENCES
WITH HUMOUR, AUTHENTICITY,
AND PASSION.**

BOOK CLAUDIA FOR:
A WOMAN'S EVENT
A SPEAKING ENGAGEMENT
A CORPORATE EVENT
A WORKSHOP OR RETREAT
A PODCAST INTERVIEW
A LOCAL EVENT
AN ONLINE EVENT

CONTACT US FOR AN IN-DEPTH CHAT
CLICK HERE

OUR APPROACH

OUR APPROACH IS SIMPLE YET EFFECTIVE
WE ARE INTERACTIVE, ENGAGING
AND EXPERIENCED IN DELIVERING WORKSHOPS
AND EVENTS IN ORDER TO CREATE
LONG-TERM CHANGE

OUR CLIENTS



FIND OUT MORE

WWW.BELLYDANCEBODYMIND.COM/CORPORAREDANCEWELLNESS

