



CONFIDENCE & CONNECTION THROUGH MOVEMENT

Corporate Wellness & Team Experience

ABOUT THE SESSION

A high-energy, beginner-friendly movement workshop designed to help teams reset, reconnect, and boost energy through guided Latin-inspired movement.

No dance experience required.

What Your Team Will Gain

- Boost team connection
- Increase energy and morale
- Reduce stress and mental fatigue
- Create a fun, shared experience



Session Options

- **Quick Boost**
15–20 min
Perfect for meetings
- **Team Workshop**
45–60 min
Interactive and engaging
- **Signature Experience**
90–120 min
Deeper team connection

Session formats and pricing available upon request

About Me

Celina is a movement instructor, professional dancer, and creator of Unstoppable Latin Movement, blending Latin dance and strength-based training to help individuals build confidence, coordination, and body awareness.

She has experience leading group fitness, dance, and corporate workshops, creating inclusive spaces where participants feel comfortable, energized, and engaged.

Celina Villarroel Whiting

Let's connect

celinamvw.square.site

celinamvw@gmail.com

[@celinamvw](#)