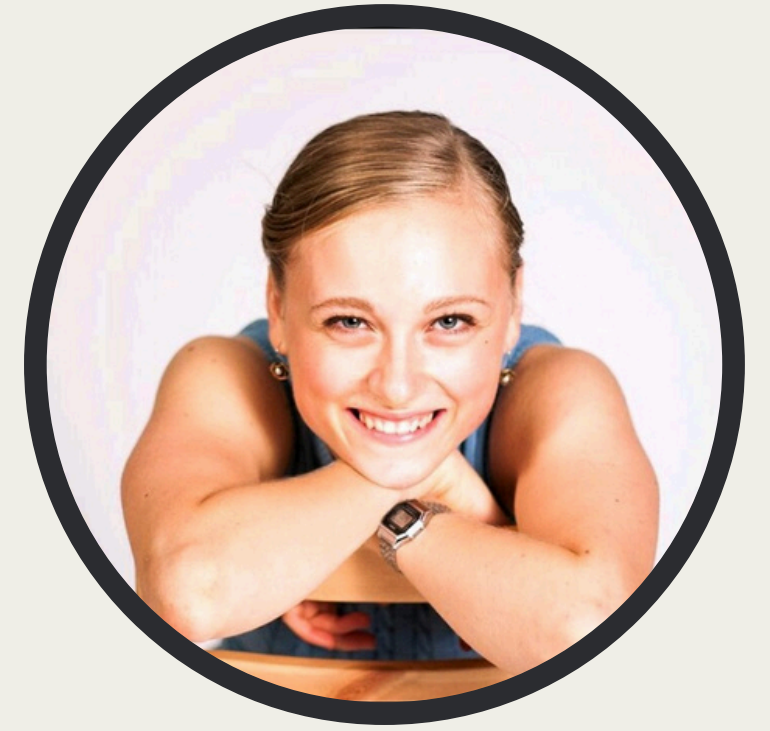


The Art of Movement



C O R P O R A T E W O R K S H O P

Sara Nativi

Professional Dancer

Certified Yoga Teacher

BSc Business Management Graduate Student

3.09.2025

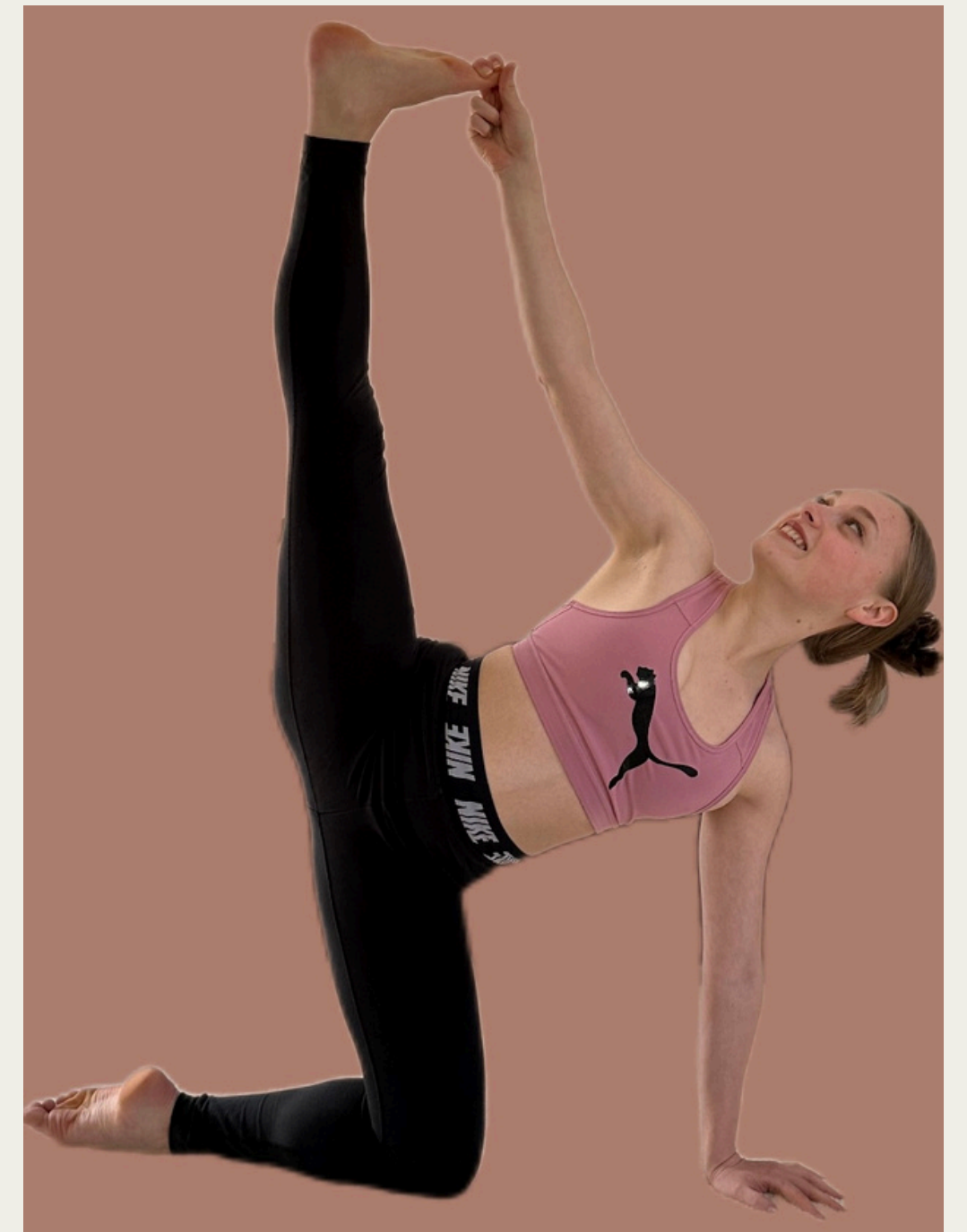
*Sara
Nativi*

Mini Experience 1

Gentle Yoga Warm-Up (30 min)

What: A guided session tailored for all levels to release tension, improve posture, and energize the body.

Benefits: Increases focus, relieves stress, boosts energy levels, and sets a calm yet alert mindset for the rest of the experience.



Mini Experience 2



Improvisation & Creative Dance Workshop (40 min)

What: Participants are taught how to create movement, exploring rhythm, space, and expression in a non-judgmental environment.

Benefits: Encourages teamwork, creativity, spontaneity, and self-expression.

Mini Experience 3

Live Dance Performance – Solos & Pas de Deux (20 min)

What: Professional dancers including myself perform solos and pas de deux, showcasing artistry and the beauty of live dance in an intimate setting.

Benefits: Inspires participants, creates a shared cultural moment, and offers a powerful, memorable conclusion to the workshop.

Mini Experience 3

