

MindBody Motion

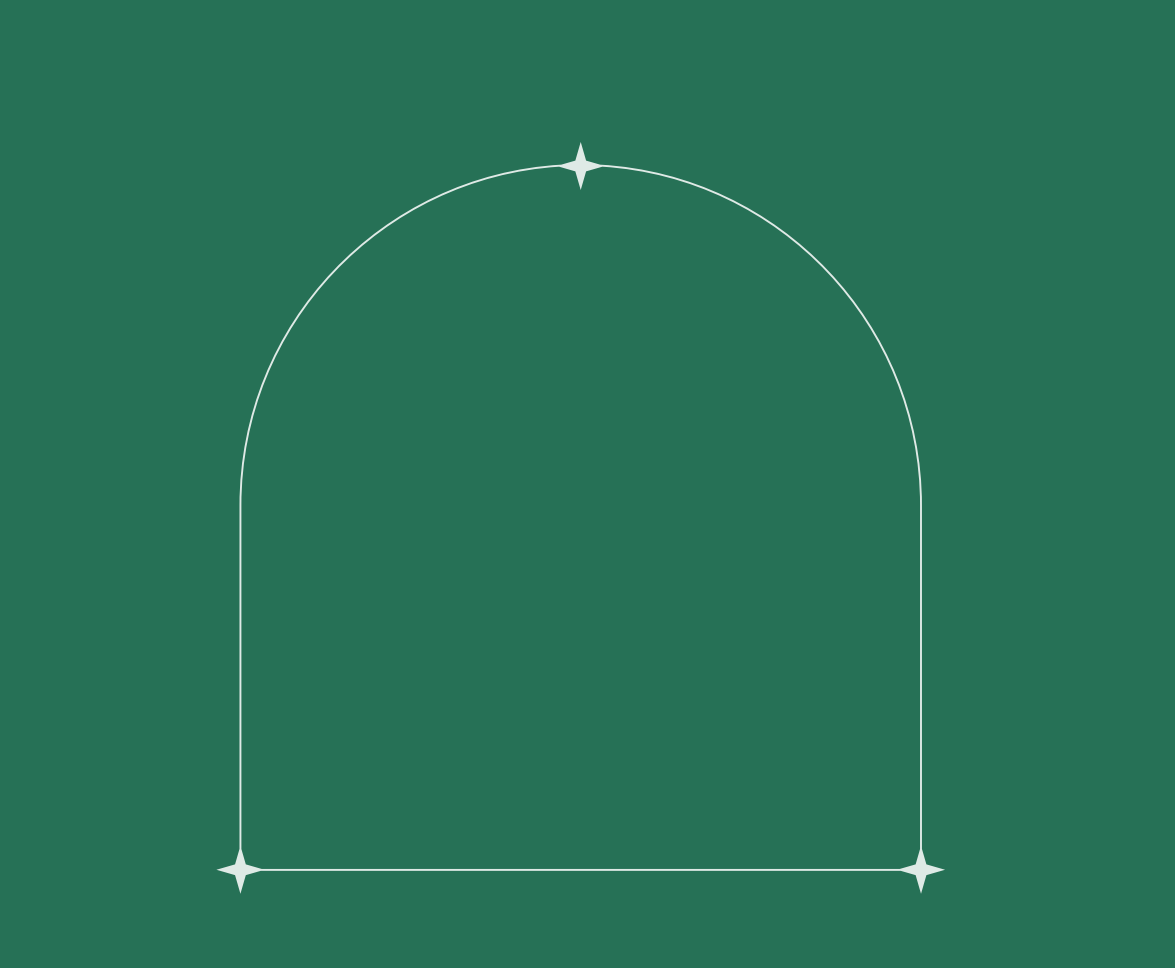
Breathe. Sweat. Heal



MindBodyMotion

A dynamic wellness initiative, founded by three experienced practitioners who have joined forces to offer a unique, integrative approach to health and well-being. The business combines the holistic practices of yoga, therapeutic massage, and results-driven bootcamp fitness to create a full-spectrum wellness experience under one brand.





Expertise

- ✔ Yoga Specialist – A certified yoga instructor with a strong background in breathwork, mindfulness, and restorative movement.
- ✔ Massage Therapist – A licensed massage therapist specialising in deep tissue, sports massage, and stress-relief techniques.
- ✔ Bootcamp Coach – A certified fitness trainer experienced in group bootcamps, functional fitness, and personalised strength programs.

The Team

Gina - Massage

Tshepang - Bootcamp

Keoagile - Yoga





Events



What Makes Us Different



Unlike standard fitness centers or spas, this service is built on collaboration between three experts—offering clients a customized and cohesive wellness journey that nurtures both body and mind. The fusion of these practices in one location (or via mobile offerings) ensures convenience, quality, and holistic results.





The Offering


- 1 Energetic 45 min Bootcamp class**
- 2 Comprehensive 40 min yoga session**
- 3 Head, Neck, Back Massage**
- 4 Healthy breakfast wrap**


Investment

- 1** R300 per person
- 2** Includes mat rental

Thank You Very Much!

Contact Us

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