

# Leading from the Core



In the midst of daily demands and pressures, our most reliable source of stability is a strong inner core. When that core is engaged, everything else seems to happen with less effort and greater efficiency.

**Leading from the Core** is a half-day team-building program that brings the practice of Pilates and yoga together to help participants access and sustain their core strength—the values and priorities that promote peak performance and produce the finest personal leadership skills.



### Your team . . .

- Harness its **energy**.
- Capitalize on its **talent**.
- Fulfill its **potential**.

### The sky's the limit!

The session is facilitated by Ovarations Inc., a firm that offers signature programs to drive performance in organizations. By focusing on the principles of intention, alignment, precision, challenge and flow, your team will learn how to gain clarity in decision-making, enhance effectiveness, take meaningful risks, manage multiple responsibilities and reduce stress.

Participants will benefit from two 45-minute workouts (one Pilates routine and one yoga routine), both suitable for all fitness levels. The program also includes:

- Pre-work session & overview
- Healthy snacks & your choice of breakfast, lunch or dinner
- Closing debrief to bring learnings back to the work environment
- Optional extras such as customized exercise mats, workout shirts or exercise DVDs



To unleash the strength from within your group, call **Kim Fabian** at **410-517-1457** or e-mail [info@experiencepeakperformance.com](mailto:info@experiencepeakperformance.com).

## Experience Peak Performance

