Pones’ workshops for corporations and organizations deliver success through **Creative Wellness**, **Team Wellness**, and **Physical Wellness**. It’s a perfect team-building experience to truly engage your employees and get them moving together in a new direction. These workshops provide a unique bonding opportunity which can help your team see things from a different perspective and find common ground by sharing a new and fun experience. Our workshops provide:

- Team building
- Innovation
- Communication
- Physical health
- Confidence
Corporate Wellness: Dance Edition

Dance break to spark creativity and team building. Get up and get inspired through dance!

Create Your Own program or select one of our themed workshops below.

- **Dance 101** - Learn the basics of dance, simple choreography, and discover how to create your own choreography
- **Dancing Through the Ages** - Learn the basics of dance from several decades, including swing, disco, and hip hop.
- **Dancing on the Globe** - Learn dances from around the globe, such as, the Kakilambe from Guinea West Africa, Salsa from Cuba, and Bollywood from Mumbai.
- ***EMPLOYER FAVORITE* Create Your Own** - Work with our team to create a creative workshop that fulfills your organization’s mission and vision statements.

**Recommended Age:** 18+ years  
**Max Group Size:** 100  
**Length:** 60 minutes  
**Cost:** $150 per workshop (for 20 or less participants, $5 per additional participant)  
**Max sessions per day:** 3
Corporate Wellness: Mindfulness & Movement
Strengthen your mind and body through mindfulness exercises. Unplug and undertake a creative journey to increase productivity and focus.

Workshop includes:
- Movement improvisation, self-expression, and the creative process
- Engaging both mind and body
- Providing vital tools for reconnection to the body and to the self
- A supportive environment to release tension and stress
- Concentration on prevention of injury and retention of physical mobility

Recommended Age: 18+ years
Max Group Size: 100
Length: 60 minutes
Cost: $150 per workshop (for 20 or less participants, $5 per additional participant)
Max sessions per day: 3
How to book a workshop:

- Contact Jackie Smith
- Work with our team to Create Your Own workshop or select a provided theme
- Select a date and 1-hour window of time
- Reserve a large conference room, employee cafeteria, or outdoor area at your workspace
Testimonials

“As an event planner, I needed something to help my group beat the post lunch slump during a daylong event - and Pones really took it to the next level. I think most people were skeptical that they could dance, but Kim and her dancers broke the dance routines into small, relatable steps, and took our group "through time" until they could dance the Charleston, a Lindy Hop, and Disco and Hip Hop style dances - plus we received information on why dancing is good for your whole body and brain! Everyone was energized and ready to learn for the rest of the day - I received many compliments on the break from "normal" workshops”

-Jessica Stoddard, Wellness Director, AIGA Cincinnati

“I’m not much of a dancer, and thought that I’d be able to just watch from the sidelines when Pones was demonstrating dance moves, but I ended up getting pulled into a partner dance and had an absolute blast. Kim did an amazing job getting the crowd excited and breaking down some complicated dance moves into simple memorable steps.”

-Nick Cimino, Brand Manager, ConstructConnect

“Pones was part of the programming for our day-long 2018 wellness seminar. They were scheduled after lunch, which can sometimes be an afternoon slump. Well, that was certainly NOT the case! Pones showed up and brought a whole new energy and vibrancy to our event. Not only did the entire room get up off their seats, but Pones also got people connecting, smiling and laughing as they danced.”

-Michelle Roth, Communications Director, AIGA Cincinnati