NORTH EAST Life moving is living

Health Conditioning

Revitalise Life

Mind and Body Relaxation Program

Restore your movement with guided stretching

Release your muscles with mindful relaxation

Refresh your mind with Mindfulness Meditation

Revitalise Life is a mind and body program that encourages restoration of functional movement, establishes stress management strategies, and guides you to achieve balance in health for both body and mind. This tailored, comprehensive program has been designed by a physiotherapist, merging pain science research with mindfulness-behaviour-therapy. It combines Clinical Pilates fitball stretches with relaxation and meditative breathing techniques.

Speak to our Reception staff at North East Life for the next session times or to register.

Bookings are essential – 5722 1424.

Private Health Insurance Extras rebates may apply and eligible clients may also be covered under Veteran Affairs, EPC, TAC or Workers Compensation Schemes.

Performance

Confidence is the power for performance

Recovery

Knowledge is the key to recovery

Strength

Exercise is the catalyst for strength

moving is living