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MOVEMENT ALCHEMY  
MENTAL EVOLUTION  
DANCE

MIMI EL-ASHIRY

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**Mimi El Ashiry, Renowned dancer, wellness advocate, and creative visionary, is thrilled to unveil her latest offering: The 4 Week Immersion, Spreading the magic of Move & Manifest to her global Community.**

Mimi has spent her life performing. Since the age of 6 training, competing and studying Classical and Contemporary dance alongside Modelling & Acting. In 2019 She put her career aside & completed Diploma in Elite Performance:Transit Dance Academy. To her Surprise, along the way began exploring the interplay between body, mind and mysticism, Leading her to Complete Trauma Informed 500Hrs YTT.

Mimi's 5 year journey as a facilitator has been marked alongside her career by a continuous expansion into the Global Community. Teaching Australia Wide, Namely ongoing Move&Manifest Workshops at LUME, at Lost Paradise, Soma. Internationally at Envision(Costa Rica) Cosmic Serpent(Bali), Raabta(Egypt) As well as Running her own events in London, Berlin and Workshops & Retreats in her Motherland, Egypt as Taqah Collective.

By intertwining dynamic practices with with introspective exercises, Mimi has crafted her signature Move & Manifest Method, birthed from her personal practice of using dance as a tool to release stored emotion, activate the imagination and manifest. Her work is aimed at not only waking individuals up to the power they posses to magnetize & manifest the lives they desire, but to break the ice for individuals to they can Get Out Of Their Own Way, and curious about exploring movement outside of the norm of "Dance" .

However, Mimi's dedication is of a deeper purpose - to plant seeds for the future growth of her students. She has published an E-Book MINI Move & Manifest and many blog-style teachings The Three Keys To Unapologetic Self Expression, which help participants to navigate their own paths toward manifestation, shaping not only how they move but also how they approach life's myriad challenges.



KRIYA & DANCE

MAXWELL

Maxwell (MaK Swell) has been trained as a Dancer since the age of 3 in the styles of Contemporary, Jazz, Tap and Ballet. In 2018 he completed his First year at Victorian College Of The Arts which pushed his technique and artistry to the next level.

His Years Studying made him curious about music and how it moves the body. Soon after he fell in love the with the transcendance and connection to his body he experienced on dancefloors in the electronic dance music scene. This lead him to his DJ career which allowed him to venture into music and dance even more.

Along this journey of connecting to his bodies capabilities, he found his deep love for yoga and in 2021 Decided to Deepen his understanding of the practices & ancient wisdom. He completed his 200hr Hatha Yoga Teacher Training in Bali and revisited study in 2023 completing his 300hr Kundalini Yoga Teacher Training in India.

From all of these experiences and trainings MaK Swell has created a fusion workshop to journey into the heart through movement.



*Love more, Move more*  
-MaK Swell



# BREATHWORK

DANIEL BAKER

Daniel is a breathwork Practitioner, Coach and Creative.

He teaches weekly across renowned melbourne wellness hubs, Inner Studios, BreathHaus & Saint Haven. Founder of No Mind State, His Workshops have touched thousands of individuals across Australia, Hosting Large Workshops with the assistance of the No Mind State Team at Large Scale Events such as Lost Paradise, Multiverse & Tanglewood.

His passion now extends toward harnessing the power of breath for elite performance in life, and on the field ~ Over the last year, Daniel Has been Introducing the power of breathwork to High Level Athletes like Richmond ALF Club as well as facilitating for High Level Leadership Staff at, Melbourne Storm & Cricket Australia.

Daniel's wisdom birthed from his journey of Personal development over the last decade. Connecting to his purpose consists of deep diving into meditation & holding space as a breathwork practitioner.

In Daniel's 1:1 Coaching Programs, he strives to empower and Support individuals to connect and commune deeper to parts of themselves, using intentional breath as a vehicle. Daniel is an expert in developing tracking methods and tools to support people to notice, listen and trust the natural energetic current of inspiration in their lives. These are few, among the deep wealth of tools developed the last decade of doing deep work on himself. He Strives to share them all.



*“The Only Constant Is Change  
Inhalation and Exhalation.*

*Birth and Death.”*

-Daniel Baker



# EMBODIMENT

EMILY SEATON



Emily, an experienced space holder running women's embodiment retreats, Earh To Ether as well as Workshops on Embodiment at Events & festivals. Drawing from her journey from maiden to mother through ceremony and exploring her edges she delivers a deeply personal, authentic, safe and grounded experience.

Through this journey of self-discovery and celebration, participants can cultivate a deeper understanding of how to develop their own Personal Rituals. Emily's guidance and wisdom provide a nurturing space for individuals to explore their inner landscapes and embrace the beauty of being fully alive in their embodied selves.

**More Coming Soon... Our Gorgeous Em is Busy with her Toddler!**

