THE NIKKI VISAJ MOVEMENT™

new sChOOL

A new direction in fitness and wellbeing for kids

Learn more about
The Nikki Visaj Movement™
Incursion Programs on
0425 131 854
Our sChOOL of DANCEMOB incursions are a fun, inclusive and dynamic breath of fresh air for kids and schools. How better to engage kids than by helping them feel the joy of dance and movement? Our dance programs inspire and motivate young people of all ages. They’ve been carefully developed to meet your curriculum goals, while also building children’s confidence, self-expression, fitness and creativity. Young people relate to our instructors, who work hard to engage and connect with their groups.
DANCEMOB styles to choose from

Recommended for kids from 5 to 18

- African Dance
- Contemporary
- Broadway
- Cheerleading
- Commercial
- Beyoncé
- Breakdance
- MJ
- Latin
- Indigenous Traditional, Contemporary and Hip Hop
- Cultural (Greek, Italian, Indonesian, Indigenous Australian, Bollywood, Haka, Dancehall and African)

Wellbeing day
We can bring a whole exhilarating day of fitness to your school! Our wellbeing days immerse your students in a day of dance fitness combined with wellness messaging through our mindfulness philosophy. Like a deep, flowing energy, it pulses through our classes. Select from our list of programs and styles across DANCEMOB, FIITMOB and MINDFULMOB to create your own unique celebration for your students.

DanceMOB whole-school event
A once-in-a-lifetime experience for students. Your entire school will explode with the infectious, electric energy generated by this joyous celebration of dance and movement. Each year level learns a different style of dance choreographed by our expert DANCEMOB instructors over a 60-75-minute session. The group then performs their routine for the school at a special assembly at the end of the day. The event concludes with a whole-school FLASHMOB, led by all DANCEMOB instructors, who encourage students, parents and teachers to join in.

DanceMOB concert
Our DANCEMOB troupe comes to your school for the ultimate dance experience! Get your kids together to celebrate the benefits of dance and fitness. In a concert format, our energetic instructors will lead kids through the 1-hour session, creating an energising environment to encourage them to dance, groove, pose, battle off and express themselves through 3 different dance styles. It’s the perfect way to spread positive vibes throughout your school!

Performing Arts
Bring in DANCEMOB to give your Performing Arts subject the ‘WOW’ factor. Our talented instructors have travelled the world performing in famous musicals and Broadway productions. Give your students an opportunity to work with us to create a school musical that has the audience spellbound. We’re here to help you create a vibrant performing arts culture in your school that gets everyone excited and inspired about performing!

Shine Dance & Sing
This exciting program gives kids the opportunity to be a part of an exhilarating showcase of the popular and much-loved stage shows - think Hairspray, Moana, Frozen, The Lion King and Sing! The joy and energy that fills the room when kids get to hear and perform to songs from popular TV shows or stage productions is testament to their lasting power and influence. This exhilarating program allows them to enjoy a moment of stardom to build confidence and create dreams where they can SHINE.

Confidence
Our Confidence program brings a new direction to dance sessions for children. Students work through a set of fun movement challenges and activities that help them to build confidence and awareness. Using music and movement to help pinpoint and describe different feelings (emotional or physical), we give them a confidence-boosting introduction to both dance AND understanding and expressing their whole selves. This program culminates in a ‘Confidence’ dance party, where we encourage self-expression and exploration of unique dance and movement styles.
We encourage an active and positive lifestyle for children, a crucial time when building positive habits is vital. Enter our new FIITMOB incursions - designed to be fun, unique and inclusive. We want your students to be engaged, energised and totally present. Research shows that disengaged students are more likely to participate in individual fitness-based activities, rather than be part of a group. We give students an opportunity to try alternative programs to team sports. After all, i is for Individual! This is another way of helping them build early connections to a fitness activity they enjoy.
FIITMOB styles to choose from

Recommended for kids from 10 to 18

**boxFIIT**
Your students will channel their inner Rocky as they box their way through our intensive boxing program. They will perfect a range of techniques, combinations and stances to build their confidence and their muscles. All equipment is provided by our team, and the workshop is conducted in a safe and respectful environment.

**HIIT**
This is the ultimate full body workout in an exhilarating group class! Our high-intensity interval training is guaranteed to get bodies moving, with military-inspired command and drill activities that are both fun and educational. HIIT incorporates strength and conditioning exercises to improve coordination, cardiovascular fitness, strength and endurance.

**combatFIIT**
This fiercely energetic group fitness and dance program has students striking, punching and kicking their way to achieve superior cardio fitness. Students unleash the power of their bodies through invigorating music. Our exercises have been specifically choreographed to disguise a full-body workout. Students take part in a complex cardiovascular exercises through martial arts combinations, resistance/isometric exercises and a focus on strength development using lightweight dumbbells. As part of our ethos, we encourage students to reach out in the community to source dance, fitness and mindfulness classes if they discover a genuine love for these forms of fitness and self-expression.

**danceFIIT**
Think aerobics combined with a mix of street style, commercial, break and Latin dance. We encourage an active and positive lifestyle for children, a crucial time when building positive habits is vital. Through the vibrant medium of dance, students improve their fitness in cardio workouts and fun routines guaranteed to lift their spirits. As part of our ethos, we encourage students to reach out in the community to source dance, fitness and mindfulness classes if they discover a genuine love for these forms of fitness and self-expression.

**afroFIIT**
Our very own mix of traditional and modern African moves to rhythmic afro beats in a group fitness class. Here, we combines dance and fitness moves with a variety of styles, including hip hop, jazz and jive. Think African Zumba! Music selections feature both fast and slow rhythms to help students enjoy being in the present moment. As part of our ethos, we encourage students to reach out in the community to source dance, fitness and mindfulness classes if they discover a genuine love for these forms of fitness and self-expression.
There’s a vital synergy between our mind and body, and these MINDFULMOB programs introduce students to the calming practice of mindfulness. Mindfulness means paying attention in the present moment to thoughts, feelings, body sensations or our surrounding environment. Studies have found that mindfulness improves attention, emotional regulation, behaviour in school, social skills, empathy, test anxiety and stress, and other benefits in children and young people. Bringing mindfulness to physical activity increases the effectiveness of exercise. It’s also safer and more enjoyable!
MINDFULMOB styles to choose from

**Yoga**
Yoga is a core component in our approach to weaving mindfulness through our entire curriculum. We teach yoga by making it relevant to children and young people. We offer classes to suit all age groups between 5 and 18. Many factors contribute to holistic wellness for kids - apart from nutrition, sleep and friendships, we can help them with mindfulness, movement and body image by discussing how yoga practice will help the rest of their life. We guide students in an age-appropriate way through a series of yoga postures suited to their bodies. In our technological age, we see a lot of postural issues that often begin in childhood. We have created our classes to build core strength and to incorporate stretching that supports good posture.

**Pilates**
Using our underlying principles of mindfulness and mindful learning, we guide students through a series of exercises that focus on control, concentration and core strength. Pilates lengthens and stretches all the major muscle groups in the body in a balanced fashion. We offer classes to suit all age groups between 5 and 18. This program helps students to improve their flexibility, strength, balance and body awareness, including a mindful approach to breathing and movement. Learning and developing a range of fundamental movement skills also helps students with increased confidence levels and self-esteem.

**Mindful Dance**
This course teaches technical and creative contemporary dance skills while also incorporating a mindful approach to movement. Using the experiences from the technical dance aspects and the physical, as well as mental/emotional expressions of creativity, we combine the elements to create thoughtful, insightful and empowering performances.

**Technical**
Students learn about safe dance practice for their bodies. We teach them the theory behind contemporary dance styles, jazz/lyrical and some tumbling and floor techniques.

**Physicality**
We teach students about the artistry of dance as a body moving in space. They learn several different types of movement-concept scaffolds to help them develop their own dance style or choreography. The structure of these scaffolds will help students to find the right balance between freedom and guidance.

**Mental/Emotional**
As they progress through the units of Mindfulness, Identity and Friendship, students discover how to articulate their innate personal strengths of character. When they’ve identified a trait they recognise, and experience it as positive and powerful, we will support them to start consciously embodying that trait. This involves helping students to feel throughout their body, the sensation of what it is to be uniquely powerful. We encourage them to recognise the way these empowering parts of their identity support their family, friends and the broader community around them.

**Mindfulness**
During this flexible program instructors can guide sessions of mindfulness training, plus offer short daily practices and additional lessons where required. Instructors will teach short mindfulness lessons several times a week, to meet your needs. Teachers and students can continue short mindfulness practices on their own once the program is complete. Students learn to apply mindfulness to everyday circumstances. Lessons can include:
- Mindful listening
- Mindful breathing
- Mindful movement
- Mindfulness of thoughts and emotions
- Cultivating positivity, such as kindness, generosity and gratitude
Hi, I’m Nikki.

It’s no exaggeration to say that dance changed my life.

As a young girl, I didn’t quite fit in.

I was a little overweight, my confidence was down and traditional competitive sports just didn’t work for me.

Until I was introduced to dance.

In dance, I discovered my calling. It’s become my lifelong passion.

Dance has given me confidence.

It’s allowed me to express myself, to participate, and to be creative.

Through dance I discovered – and continually re-learn – my own potential, my passion and my courage.

I want to give as many kids as possible the opportunity to discover this same transformational change, through the joy of dance and fitness.

Because we’re immersed in a conscious, holistic philosophy, our classes also weave in a grounded approach to mindfulness.

And over the past few years, thousands of young Australians – from preschoolers to late teens – have felt the power of our dance incursion programs for schools.

It’s always rewarding for us and our partner schools to see the smiles, the joy and the satisfaction on kids’ faces, every day.

But there’s more. We have evolved.

Dance is still at our core, but now we also deliver tailored, innovative fitness and mindfulness programs for children and young people. We’ve brought the benefits of mindfulness to the fore. Best of all, we try to meet the needs of every student – after all, i is for individual!

We’d love the opportunity talk about our unique, high-energy programs for your school’s kids. Together, we can deliver something special.

See you on the dance floor.

Nikki