



# EVERYBODY'S DISCOVERY ADVENTURES COME & DISCOVER YOURSELF!

Everybody's Discovery Adventures is based in the South West of Western Australia. Offering Trail Running, Hiking and Yoga and embodiment discovery adventure experiences to re-discover the connection with Body, Mind, Soul and Environment about our beautiful region.

We recognise and acknowledge the traditional custodians of the South-West region including the Wardandi and Piblemen peoples.

## Hiking, Trail Running, MTB

Offering a range of fitness and embodiment coaching based adventures to explore and discover the amazing natural environment and your body, mind & soul connection.



## Yoga

All Discovery Adventures include a relaxing yoga session of either a Silent Spinal Flow or a Yoga Synergy Hatha sequence, to leave you feeling calm and connected.

## Bespoke Discovery Adventures

Do you have a private group? Or a specific location or activity in mind? Then contact me to discuss further. Embodied Corporate team building and personal development coaching also available.



## Sean Brockman

I am a Personal Trainer, Yoga Teacher, Embodiment Mentor, Guide and Adventure enthusiast. Growing up in Busselton I have explored the amazing natural environments that our beautiful South West has to offer and invite you to join me in Discovering yourself.

Contact Sean, Lead Trainer [0419 969 823](tel:0419969823)

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