



*Dance to
your own
Rhythm*



About Tribal Dance Australia

Welcome to Tribal Dance Australia.....a conference offering second to none!

"Tribal Dance Australia reinvigorated our team and we ploughed through the following two days with ease. It definitely made a difference to how we interacted and worked together. Overall it was both a mental and physical experience that every conference should include in their agenda."

Heidi O'Brein, Chief Organisational Officer, Rush Surf Pty Ltd

Tribal Dance Australia offers a dynamic team building and motivational event for groups that inspires, motivates and brings people together. Through movement, music, voice and deep stillness people come alive and experience the power of Tribal Dance.

Our program, which is suitable for all ages and fitness levels, awakens people's self expression and sense of fun as they shake off their inhibitions and the stress of daily life. The Tribal Dance experience begins in a gentle yet powerful way that awakens peoples' senses and awareness, moving them out of their heads and into their bodies, preparing them for the loosely choreographed movement that lies ahead.

This is where the fun really begins! Before they realise it, participants are moving together in a way they have never experienced. Even people who feel inhibited about movement and dance with others soon find themselves moving and grooving like never before!

"It was an awesome experience. One thing that was amazing was the way in which I saw my teammates in a light I never have before. It will definitely make a difference to the way we work together and respect each other."

C. McGregor, McNab Construction Pty Lt



Introducing Stephen McInnes - Founder of Tribal Dance Australia



“There are individuals put on this planet to make a difference to peoples’ lives, Stephen is one of them. He is unique, very talented and will take people from all walks of life on a journey like no other.”

Sharon Kolkka GM Gwinganna Lifestyle Retreat

The idea of Tribal Dance was conceived by Stephen McInnes, who’s dedication to helping people find the passion in their lives led to the formation of Tribal Dance Australia.

The Tribal Dance experience came to life through Stephen’s desire to connect to and live from his own passion and to help others to grow and evolve to their full potential. Over the last 12 years, Stephen has been facilitating hundreds of Tribal Dance classes at a number of Australia’s leading health retreats. For many of the guests at these retreats, Tribal Dance is the highlight of their stay. Through his passion for life, he brings people together to express themselves through movement and dance with a sense of unity and passion even amongst virtual strangers. His aim has always been to create a space where people’s passionate flame ignites and burns stronger for life and all they do in it, personally and professionally.

This is the magic of Tribal Dance – to light the fire of creativity and aliveness within each individual, and enable them to realise their full potential and go for it with a sense of enthusiasm for the task!



We lift a level of consciousness that allows people to communicate more effectively by believing in themselves, thereby reflecting the values of the company.

Teamwork – We reach that part of a person that creates instant rapport with others

Inspiration – We inspire people to express themselves by doing something different

Celebration – We celebrate life by allowing people to feel free and enjoy themselves

Benefits

Unique and different...

Why not do something totally different at your next conference or workshop.

Enhanced team spirit...

Enhance your team's spirit to work together with renewed vigour.

Work Group bonding...

Create a focussed, stronger bond between team members.

Inspired and motivated...

Inspire and motivate you and your teams to perform better.

Enhanced creativity...

Enhance your team's creativity and self-expression.

Increased self-esteem...

Build self-esteem and empower your team members.



Our Services

Tribal Dance

An amazing experience, suitable for all ages and fitness levels. Tribal Dance is, surprisingly, not about dancing! It is so much more than that.

Stephen can tailor Tribal Dance to suit the needs of the company/participants.

Duration: 1 – 1 ½ hours

Participant numbers: minimum 15 people – maximum 100 people

Facilitated Drum Circles

Our facilitated drum circles allow people the freedom of expression through rhythm.

They are fun, energizing and give the gift of rhythm to each person as an individual and as a group.

Duration: 1 hour

Participant numbers: up to 50 people

We also offer a combination of Tribal Dance and Facilitated Drum Circles. This is a great option for larger groups of 150 to 200 participants.



Facilitated Drum Circles

Our Facilitated Drum Circles provide a safe space for people of all ages to explore the gift of rhythm that is present within each one of us.

Every human being has an innate connection to rhythm. We walk in rhythm, talk in rhythm and our hearts beat to a rhythm. Rhythm comes naturally to each one of us, and the aim of our Drum Circle is to connect each participant to the natural rhythmical ability which is present in each person as an individual and also as a group.

Drum Circles are for everybody from all walks of life, from children to adults. You do not need to be a drummer to participate in a Drum Circle. Just come with an open heart and an open mind and get ready to have some fun!

Benefits

Some of the many benefits of group drumming are:

- Stress relief
- Connection with others on a deeper level
- Self expression and creativity
- Relaxation in body and mind
- Scientifically proven to benefit overall health
- Unity
- Lots of fun and freedom of expression!



Your Facilitator

Petrina McInnes began playing drums at the age of 12 and continued to play in bands professionally from the age of 14 until age 29. Music and drumming has always been an important part of her life.

"I was very fortunate to have been given the opportunity to learn drumming from an early age. As a teenager, having a healthy interest such as drumming, helped build my confidence and gave me direction and focus in my life."

Petrina, along with her husband Stephen, facilitates weekly drum circles at award winning health retreat, Gwinganna Lifestyle Retreat In the beautiful Tallebudgera Valley on the Gold Coast.

Gwinganna

25th January 2010

To Whom It May Concern:

Introducing **Stephen Mc Innes**, extraordinary Spa Therapist, and a man steeped in the Art of Ritual and the creator of Tribal Dance.

There are individuals who are put on this planet to make a difference to peoples lives, Stephen is one of them and he creatively achieves this every day. I have known and have had the pleasure of working with Stephen on and off for the last 13 years. He is unique, very talented and will take people from all walks of life on a journey like no other.

His intention is pure, his methodology is sound and both are suited to a variety of environments from corporate through to esoteric, his magic simply works. He has the ability to suggest and manifest a group of individuals to allow joy into movement, from my experience, this is rare talent.

Currently we contract Stephen as a senior therapist in our internationally recognised, multi award winning Spa Sanctuary and he is one of the brightest stars. We have never received any thing but glowing accolades about his ability. He is regularly chosen by our Marketing Department to treat journalists who are attending the retreat as a guest to write an article or story. One on one he is sensational.

Every week, for the past 2 years Stephen has facilitated Tribal Dance [with his lovely wife Petrina] for our guests. Without exception, it is listed as the most popular group activity on our program and we intend to keep Stephen and Tribal Dance as a part of our Gwinganna family for many years to come.

As most of our guests come from the corporate environment it is worthy to note that Stephen is able to break down barriers. He conducts himself in a totally professional manner and people are attracted to his honest, authentic self. What he achieves in one and a half hours with a group, is very clever.

I would have no hesitation in recommending Stephen to any environment, if you require some verification of suitability, please do not hesitate to contact me.

Stephen is your opportunity to create something different and unique.

Enjoy the journey.

Sincerely

Sharon Kolkka
General Manager



January 20th 2010

Ref: SB:VB

TO WHOM IT MAY CONCERN

Stephen McInnes was employed by Camp Eden Health Retreat as a Contract Therapist for the period from 2000 to 2007.

He was very popular with our guests and an accomplished therapist in his areas of expertise. He also displayed a higher than usual conceptual creative talent and we were delighted with the response we received to his 'Tribal Dance'. It has been one of the events on our program that all of our guests participated in and has been repeatedly asked about by guests returning. Our thoughts haven't been to emulate it as it was uniquely Stephen's.

Commonly our guests related feelings of liberation, freedom, a greater connectedness with their higher consciousness and also to those sharing the experience. It also left a blend of exhilaration coupled with relaxation which is quite difficult to achieve.

Highly regarded by both management and his colleagues, I can sincerely recommend Stephen as the creator and 'Tribal Dance' as the product to any institution or agency. It has undoubtedly been to date, our most popular program event.

I am happy to elaborate on this reference if required on 07 5533 0333.

Yours sincerely

Stuart Bell

MANAGER

CAMP EDEN HEALTH RETREAT

TRIBAL DANCE AUSTRALIA

Company Details

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ACN 131 666 629

Company Profile

Tribal Dance has been operating since 1995. It was born of Stephen McInnes's dedication to helping people find the passion in their lives; in themselves and within others.

As one of the main guest activities at some of Australia's leading health and lifestyle retreats, Tribal Dance proved to be a consistently popular activity. Every week, to this day, guests at both the Golden Door Health Retreat and Camp Eden Health Retreat still ask after Stephen and Tribal Dance.

Once again, at Gwinganna Lifestyle Retreat, Tribal Dance is one of the most popular and talked about activities on offer.

The vast majority of retreat centre guests who attend Tribal Dance sessions are corporate and business people taking much needed time out.

Today, Tribal Dance is a dynamic and effective way of inspiring, motivating and bringing people together through movement, voice and deep stillness. The formula for Tribal Dance is suitable for all ages and fitness levels. It allows people to participate at their own level. An atmosphere of lightness and fun is created in the group through a number of interactive processes. These processes gently, yet powerfully activate peoples' senses and awareness, moving them out of their heads and into their bodies, preparing them for the loosely choreographed dance that lies ahead.

This is where the fun really begins! Before they realise it, participants are moving as one unified group. Often, people feel inhibited about movement and dance with fellow staff members, however, they soon find themselves moving and grooving like never before!

Benefits

- Creates a stronger bond between team members
- Excellent stress relief
- Lots of fun and laughter
- Inspires and motivates
- Enhances team spirit
- Great for your health
- Enhances creativity and self expression
- Allows your team to shine both individually and collectively
- Builds self esteem and self empowerment

Client List

- Flight Centre
- McNabb Construction
- Rush Surf Pty Ltd
- Gwinganna Lifestyle Retreat
- Camp Eden Health Retreat
- Golden Door Health Retreat

Client References

Sharon Kolkka
General Manager
Gwinganna Lifestyle Retreat
07-5589-5000

Heidi O'Brien
Chief Organisational Officer
Rush Surf
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0409-340-645

Maz O'Connor
Manager
Intimo Lingerie
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Client Testimonials

"I just wanted to say thank you so much for yesterday.

It was an awesome experience. It was so wonderful to see everyone relax and move their bodies in ways in which stuffy offices never allow. I saw a side to people that was true happiness – almost like going back to childhood carefree behaviour.

It was wonderful. One thing that was amazing was the way in which I saw my teammates in a light I never have before. Gone were the professional masks that we all wear to give a "professional" facade in the cutthroat business world – and in its place were people without ego whom I really felt connected to. It will definitely make a difference to the way we work together and respect each other. There is a light, happy feeling in the office today. It was a fantastic way to get to know our team."

C. McGregor, McNab Construction Pty Ltd

"Tribal Dance was a wonderful experience for our crew. Most were very apprehensive at first, but as they relaxed you could see they were all enjoying it immensely. Not only was it a lot of fun, but it really enhanced our team spirit by creating a lot of laughter and a release from the conference.

Tribal Dance reinvigorated our team and we ploughed through the following two days with ease. It definitely made a difference to how we interacted and worked together. Overall it was both a mental and physical experience that every conference should include in their agenda."

Heidi O'Brien, Chief Organisational Officer, Rush Surf Pty Ltd

Pricing

- Pricing varies according to group size and situation. Price available upon request.
- Group size 15 - 100 per session.
- Travel/airfares, airport transfers and accommodation for two facilitators.

Payment Terms

- 50% deposit upon booking.
- Balance within 7 days of the event.
- Cancellation Policy available upon request.

Logistics

Room Size

Tribal Dance sessions require a room of adequate size. Participants need to be able to move freely and the room size is critical to the success of the session.

For example, a space of at least 18m x 18m is ideal for 50 people.

A ballroom is usually suitable for a group of 100 participants.

The room in which Tribal Dance is to be held must be cleared of tables and chairs.

Group Size

- Maximum number of participants per session = 100
- Groups larger than this may require a second session.

Audio Visual / Production Requirements (outside Brisbane/Gold Coast area)

- A professional PA system with roaming headset microphone.
- Powered amplifier/mixer of at least 200W output.
- Speakers – at least 2 PA speakers, 4 if the room is a ballroom.
- Speaker leads and all other necessary leads to suit.
- A four plug power board and 5m extension power lead.
- Speaker stands if necessary

Participant Information

- Participants are encouraged to bring a bottle of water.
- Participants are encouraged to wear loose, comfortable clothing suitable for movement and dance.
- Exercise shoes are optional. Barefoot is preferred, although shoes may be worn for those who require extra support. Flip-flop, dress or heeled style shoes are inappropriate.
- Participants may bring a sweat towel if they wish.

Contact Details

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Facilitator

Stephen McInnes

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