

CATalist Academy

School of Mindfulness and Spinefulness

SINCE 2008



School of Mindfulness & Spinefulness

CATalist
ACADEMY 正念與正脊教育中心



Our Programs and Services



Corporate Program

Office worker care



Corporate Workshop

Mindfulness & CAT



School Program

Mindfulness & CAT



Foundation

CAT Level 1



Experienced

CAT Level II



Mastery

CAY



Mindfulness

MBCT/MBSR



Teen Program

Spine care for Teens



Specialised Therapy

2 to 3 in group



Private 1-1 lesson

Special arrangement for physical/online



Retreat

Creating space for healing



CATalist Teaching Program

Become a CATalist

ABOUT US



"Whole-person approach to painful body stressful mind"

CATalist Academy has a history of 15 years of experience in our field of providing training for physical and mental health for overall wellness.

Health and happiness have been constant themes in our academy and hence lead to our pursuit of spinesfulness and mindfulness, the two strong wings of CATalist Academy.

We advocate self-care education, strongly conveying that you are the best person to care for your body.

CATALIST spine-home

PROGRAM FOR ADULT



LEVEL 1

Discover home-base for Upper back,
Lower back and Shoulders Complex

APPLICATION TO SITTING



LEVEL 2

Releasing in-depth tension of the entire
spine

APPLICATION TO STANDING



LEVEL 3

Alignment of sacrum, hips, hamstrings
and learning rotational potential of the
spine

APPLICATION TO WALKING, RUNNING



LEVEL 4

Core activation and relationship with
sacrum, hips, hamstrings

APPLICATION TO NEUTRAL MOVEMENTS
INVOLVING CORE ACTIVATION (BENDING,
LIFTING)



LEVEL 5

Core activation and relationship with
spinal movement beyond neutral

APPLICATION TO BENDING BACK AND
FORWARD



PROGRAM PATHWAY-FOR INDIVIDUAL



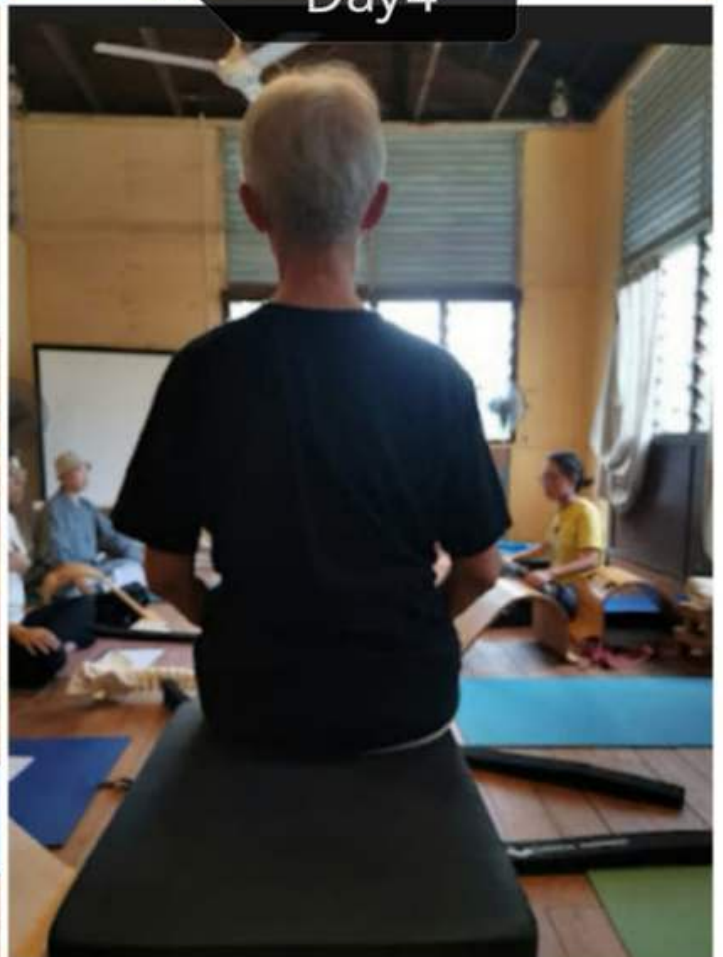
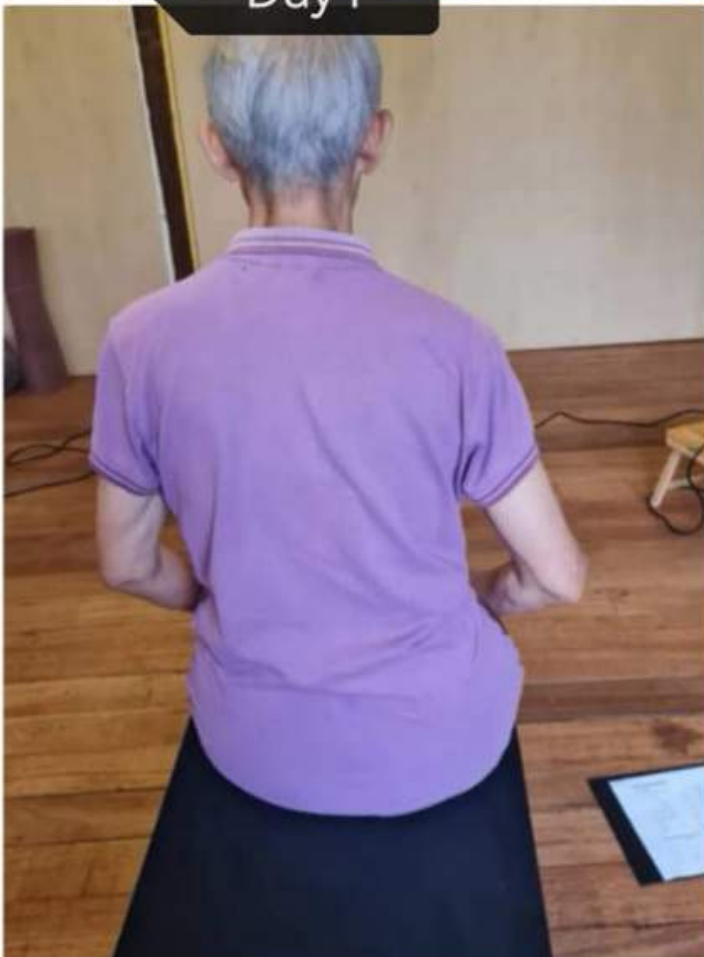
PROGRAM PATHWAY-FOR INDIVIDUAL



Day1

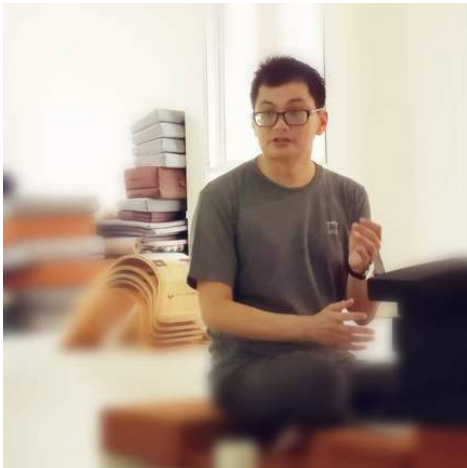


Day4



TRAINER PROFILE

Let's meet our main trainers who are highly qualified and have rich experiences.



Calvin Onn

Mindfulness Instructor

- Graduate in law and has been in active legal practice for more than 15 years before quitting to pursue his passion in mindfulness and psychology
- Master degree in Education (Guidance & Counselling)
- 4th level MBCT certification with Oxford Mindfulness Center, UK
- A student in PhD in Education
- Author of Practical Attention System



Michelle Tai

Critical Alignment Therapy Instructor

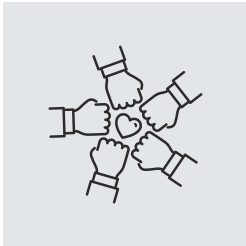
- Graduate in law and has been in active legal practice for more than 10 years before quitting to set up Journey Within
- Certified Critical Alignment Therapy/Yoga (CATY) Instructor
- Student of Master Degree in Sport Science, TAR UMT
- Trainer in internationally recognised Yoga Teacher Training Course
- Her article and life story have been published in The Star Newspaper and Elephant Journal
- Author of Mind your Seat (Finding ease in sitting with Critical Alignment Therapy)

PROGRAM FOR SCHOOL AND CORPORATION



WHAT WE DO

We are experts at creating events and retreats to suit your needs, whether it be single events or an ongoing plan to develop and mature your teams or organizations over time.



Event.Workshop.Retreat

We'll help you from A-Z in your team building program by:

- Identifying your team's specific needs.
- Picking the right combination of body and mind solutions to rejuvenate and motivate your team.
- Teaching body healing and mindfulness techniques for stress relief and tension release.
- Building trust and empathy among team members.
- Boosting your team's sense of confident and purpose through posture and mindfulness practice.
- Developing a happier work culture for your team.



Benefit of our Event.Workshop.Retreat

- Relieve body pain & stiffness
- Stress management
- Gain better posture
- Induce relaxation in the body
- Better performance at work

Target group

We know what you want and we give it to you.

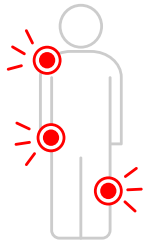


Our CATALIST Course teach you how to:

- SIT AND STAND PAIN-FREE FOR LONG HOURS
- ELIMINATE BODY TENSION
- GAIN A BETTER POSTURE OUTLOOK, MAKING YOU ACTUALLY LOOK TALLER AND YOUNGER
- IDENTIFY AND CORRECT BODILY STRESS RESPONSES THAT LIMIT YOUR ACTIONS AND POSSIBILITIES.
- REDIRECT NEGATIVE AND INEFFECTIVE MOODS, CREATING A POSITIVE WORKING MOOD.
- APPLICATION OF A CENTERED BODY SENSIBILITY AT WORK AND AT HOME.
- CENTER YOURSELF QUICKLY AND RESPOND CALMLY TO STRESSFUL SITUATIONS.

ONE-OFF EVENT INTRODUCTION

INTRODUCTION



We would like to introduce to you our CATalist program, seeing from the perspective of Body and Mind wellness in the workplace environment. We specialised in providing a comprehensive, sustainable solution for workplace posture hazards and mental wellness.

Workshop for Beginner

By CATalist Team

CATalist Body

- Straightens up Your spine
- Keeps your shoulders free from tension
- Trains your spine to support your head
- Softens and releases upper back tension
- Release tension from the head and neck
- Keep the neck lengthened
- Softens and releases tension in the lower back
- Restores lower back alignment
- Builds strength in the lower back

Addresses : Hunched back, Shoulder/Neck stiffness and pain, Numbness in the arm, Fatigue, Tiredness and Poor posture

CATalist Mind

- Sessions for rejuvenating the mind
- Build up your own toolbox of coping strategies
- Understand and take ownership of your own mental health

Addresses : Constant Stress, Depression, Low energy mood, Lack of motivation, Anger issues, Difficulty calming down, Headaches and Stress-related illness.

STARTING

OUR CLIENTS



Our CATALIST Body-Mind Solution programs have already improved the physical posture and mental well-being of hundreds of employees across dozens of diverse organizations including SMEs, public-listed companies, schools and universities.





CONNECTION



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