



MOVEMENT WORKSHOPS

ACROBATIC

ARTISTIC

FITNESS



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We are a premier movement company dedicated to educating and empowering individuals and groups through a fusion of fitness and artistic expression. Our workshops blend the dynamic techniques of Olympic athletes with the creativity of world class acrobats, actors and performing artists. Experience the transformative journey where strength meets artistry, unlocking your full potential through inspiring and cutting edge training that elevates both body and mind. Join us and explore movement as a

WE COME TO YOU

CIRCUS SCHOOLS
DANCE ACADEMIES
LOCAL GYMS
HEALTH CLUBS
COMMUNITY CENTERS
WELLNESS CENTERS

OUR PARTICIPANTS

ATHLETES
DANCERS
PERFORMERS
SPORT COACHES
FITNESS INSTRUCTORS
CORPORATE TEAMS
STUDENT-ATHLETES



IMRE LENGYEL

FOUNDER

CREDITS: 2X OLYMPIAN (96' 00'), CIRQUE DU SOLEIL, DISNEY, ROYAL CARIBBEAN, NASM-CPT + MORE..



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