

POSITIVE MOTION

+ "Movement with a Message" +

+ Passion + Programs + Purpose

+ The Mission +

Positive Motion is a lifestyle movement created by motivational speaker/ fitness guru Patrick Kasper to inspire, encourage and motivate people of all ages and backgrounds to move into a greater appreciation for life by supercharging fun into fitness, and purpose into person, to create energy and positive action!

+ The Workshop +

In the Positive Motion mind/body workshop Patrick shares his energetic personality by combining elements of kickboxing, hip hop moves, percussive rhythms, beat boxing and club fantastic Grooves and fuses them together for a creative, fun, interactive, entertaining team building mind/body entertaining activity for all ages!

+ The Bio +

Patrick is an internationally known and respected motivational speaker/ fitness guru. he has been an energetic force in the fitness/lifestyle industry for over 15 years. He has shared his message on Oprah, on cruise ships, on television and radio, and presented workshops at festivals, schools, corporate events, and conventions as a motivational key note speaker. Patrick has enjoyed tremendous success with a long and diverse client list and received awesome feedback from students, teachers, parents, schools administrators, event planners and business people who have experienced the Positive Motion Program!

+ The Experience +

+ Keynote speaker for conventions



- + Cruise ships
- + Family Festivals
- + Corporate events
- + Fitness and Dance classes
- + In-School residencies

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