

HEALTH, WELL-BEING & FITNESS



Staff well-being is now an increasingly important area for businesses. Whether it's physical fitness, mindfulness, pampering or simply feel-good fun, we have lots of ways to help you craft a well-being element for your event!

Examples are as follows:

- 🌸 Yoga and Tai Chi
- 🌸 Mindfulness Training
- 🌸 Resilience Training and Stress Management
- 🌸 Chocolate Tasting
- 🌸 Smoothie and Juice Making
- 🌸 Nutrition Workshop
- 🌸 Aromatherapy Workshop
- 🌸 Massage and Beauty Therapists
- 🌸 Craft Workshops
- 🌸 Laughter Workshop
- 🌸 Ninja Workout

If you have specific objectives you would like to be included within your event, do let us know so we can create the perfect package.

"The Ninja Workout went down very well! Everyone got stuck in and needless to say a healthy competitive spirit was evident!" Eight Roads



DURATION

From 15 minutes



REQUIREMENTS

Subject to chosen activity



GUEST NOS.

From 10 guests