

Activity information sheet

Yoga for Everyone

Unwind, connect, and rejuvenate as a team with holistic wellness.

Welcome to Yoga for Everyone, the perfect team building activity for promoting wellness and relaxation. Our experienced yoga instructors will guide your team through a series of poses and movements that are suitable for all levels, from beginners to advanced practitioners.

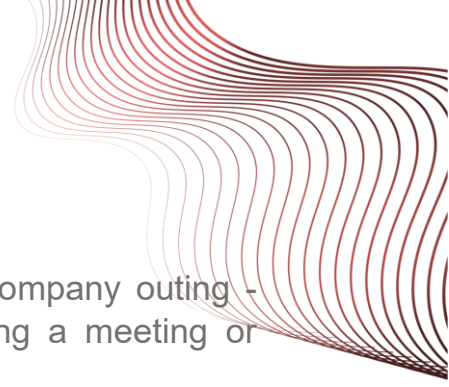
How it Works:

Yoga is known for its benefits in reducing stress, increasing flexibility and balance, and improving overall physical and mental health. During this activity, your team will learn various breathing techniques and poses, with a focus on improving mindfulness and concentration. Our instructors will customize the class to fit the specific needs and goals of your team, making it a personalized and engaging experience for everyone.



Activity Details:

| Duration | Group Size | Physicality | Venue |
|----------|------------|-------------|------------------|
| 60 min | 10 – 1000 | High | Indoor & Outdoor |



This Activity is Ideal for:

Staff gathering - Building new teams - Staff celebration - Company outing - Teams development - Improving communication - Energizing a meeting or conference - Public holidays - School trips - Birthday parties.

Tailoring:

Mazecs activities are all about customization. Would you like specific duration, special event requirements, elements of company branding, culture theme and/or mission statement woven into your team building program? Just tell us what you have in mind.