

Meditation Breaks

Find inner peace, boost focus, and recharge as a team.

Meditation breaks can be a valuable component of team building activities, as they can help team members improve focus, reduce stress, and enhance overall well-being. Meditation breaks provide an opportunity to step away from the demands of the workday and create a peaceful and calming environment where team members can recharge and refocus.

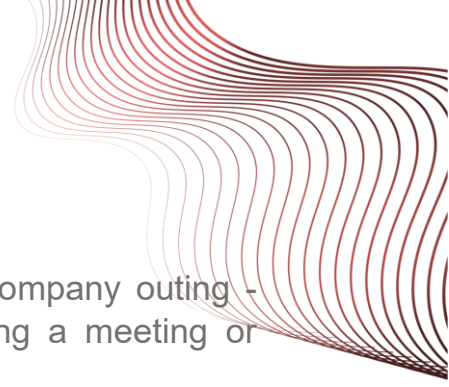
How it Works:

During a meditation break, team members can gather in a quiet, comfortable space where they can practice different forms of meditation, such as mindfulness meditation or guided meditation. The session is led by an instructor or team member with experience in meditation.



Activity Details:

Duration	Group Size	Physicality	Venue
60 min	10 – 1000	Low	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.