

## Yoga for Everyone

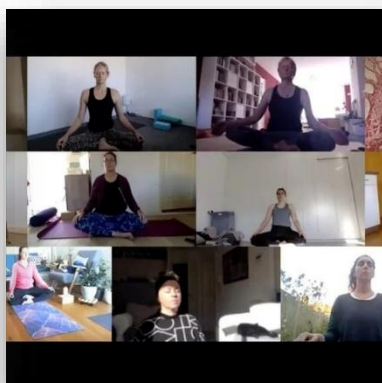
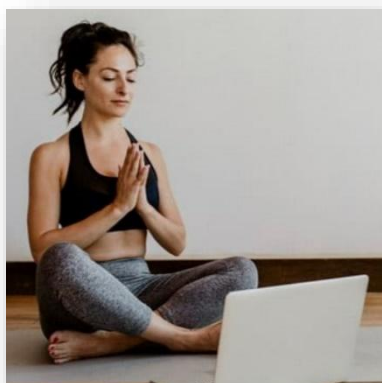
**Connect with colleagues, relieve stress, and enhance wellness.**

Yoga for Everyone is a virtual team-building activity that offers a rejuvenating and relaxing experience for participants. Led by an experienced yoga instructor, this session guides individuals through gentle stretches and breathing exercises to release tension, improve flexibility, and promote overall well-being. Through the power of technology, participants can connect with their colleagues from any location, creating a unique opportunity for team bonding and support in their wellness journey.

### How it Works:

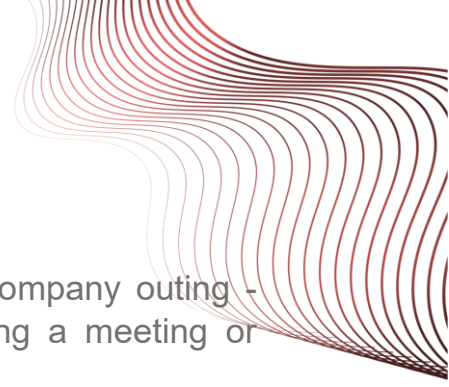
Participants join a virtual yoga session using their computer and camera to connect with their team members. Led by a skilled yoga instructor, the session includes a series of gentle stretches and breathing exercises designed to promote relaxation, flexibility, and stress relief. Participants follow the instructor's guidance, focusing on proper posture and mindful movement.

The session encourages connection and support among team members as they engage in the practice together. By the end of the session, participants will feel refreshed, rejuvenated, and ready to face challenges with renewed energy.



### Activity Details:

Duration	Group Size	Physicality	Venue
1.5 – 2 hours	10 – 1000	Low	Indoor



## **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.