



CHILL OUT CHALLENGE

The Chill Out Challenge is a unique team energiser activity for team building, as a conference or event energiser and as a team engagement activity.

We call this the 'warrior workout' -... in this case the corporate warrior – in which we use simple breathing and stretching techniques borrowed from Tai Chi and yoga to energise, enthuse, motivate and invigorate delegates.

This
is
where

BENDING

meets

BONDING



DURATION:
20 minutes – 2 hours

THEMES:
Set energy, open receptors, motivation, wellbeing, focus, energy, breathing, mind-fullness, balance

ENVIRONMENT:
Indoor, outdoor, seated, standing, at desk, in conference

FUNCTION:
Energiser, meeting break, team building

Based on the fact that most people are stressed, work too hard, work too long and at too high a personal cost – the chill-out challenge is about redressing the balance.

The challenge introduces participants to the many ways in which yoga can raise energy levels, conquer stress, develop teamwork and create peace of mind.

There are many elements and we tailor each activity to your group, your timings and your requirements which means this is a totally flexible activity

Whether you want to energise a conference audience, boost morale and energy in your team or spend a whole day exploring how to improve the connection and performance of your team

The Chill out Challenge is truly unique.

