

# Corporate Team Building And Self Care Days

## Forest Bathing, Fire, Crafts and Food



Would you like to feel less stressed and become more focused?

Come join us for a fun, unique, wellbeing focused, team building day; with proven, positive mental and physical benefits.

Reconnect with nature and learn new skills such as meditation, breathwork and mindfulness. Learn to be more present, then try out your crafting skills round the fire with a creative team activity or just relax with some yummy food and drink!

### Cost

£650 for up to 25 people

3 hours

