



Team Wellbeing *retreat*



Take a breath and a deep dive into holistic health, skill development, self awareness and our limitless potential

You're invited to Mandala Studio to escape the grind, reset, recharge and grow.



Guided by our expert teachers Michael Armstrong and Tracey Murray, we offer 1 or 2 day retreats for your team to broaden their perspective and be holistically challenged. Your staff will be taken out of their comfort zone and be provided opportunities to face and overcome adversity and learn to manage their stress response. The retreat will naturally create a team bonding experience as peers mobilise energy, work together, communicate and reflect.

This opportunity is about knowledge and wellbeing. Through experiences, practitioners will learn how to settle their nervous system, regulate their emotional charge, lower stress, increase physical fitness and stabilise their mind. Our complementary practices of Yoga, BJJ and Art all have the incredible ability to bring balance, cultivate energy and enable growth through mindfulness, movement, creativity and connection.

movement
mindfulness
creativity
connection

Michael
Armstrong
Art

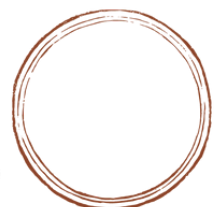


ROGUE BJJ



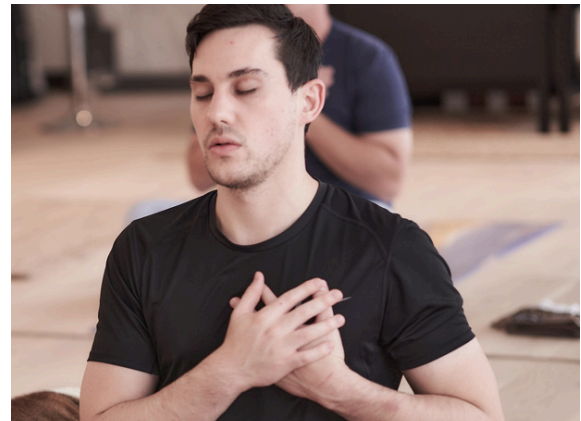
flow
& food.

Mandala
studio





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This experience has the incredible potential to shift perspectives and make a fundamental difference in the lives of practitioners. In our busy world where we're pulled in multiple directions, it's time to come home to ourselves, recognise our needs, raise our consciousness and live true health. Your staff will be provided with the knowledge, experience and abilities that will support their work and personal life forever.

Potential inclusions (for a full two-day program)

- Two morning yoga classes including asana (Hatha yoga postures) pranayama (breathing) and meditation (mindfulness)
- Two restorative yoga classes
- Authentic Ayurvedic cooking class
- The energetics of Holistic Yoga session
- Ayurvedic lunches & refreshments
- Take home reference materials
- Take home cooking creations
- Rogue BJJ fundamentals session
- Rogue BJJ self defence class
- Rogue BJJ open mat experience
- Life drawing class with a life model

This incredible wellbeing experience is rare and highly needed in our modern world



To book contact Tracey now on 0437144352

Day 1 9am-4pm	Numbers Up to 12 people
Day 2 8am-3pm	Cost determined on scope

