

SOUL
wellbeing at work



WAITAKERE ESTATE
Auckland City's Rainforest Retreat

All workshops can fit into a 45min or 1 hour timeframe and can also be extended as a masterclass for 2-3 hour adventures – we can combo them to suit or use them as stand-alone workshops. We can deliver these programs onsite at your workplace or off-site at our beautiful centre just 20mins from the CBD. We look forward to creating magnificent wellbeing for your crew.

ACTIVE

AM BOOTCAMP: Work with our personal trainers to start your day with power, alignment and somatic goodness.

WALK YOUR WAY TO WELLNESS: Join our crew of walkers, where we set the intention for the walk and combine intentional mantra with walking to softly guide you into your day by moving your body in the great outdoors. Great as a before work or lunchtime activity.

YOGA/PILATES: yoga and pilates classes, weekly, bi-weekly, monthly or just a one-off great class as a bonus.

MOTIVATION AND GOAL SETTING

CREATE + MOTIVATE: This stand-alone workshop is designed to help motivate and align your staff with their heart goals. Helping them connect with their power to create the life they want to live. Happy + motivated staff makes a happy workplace.

BALANCE: This workshop helps us find the balance between work + life and where we are in the mix. How can we create more satisfaction in living without giving away all our energy.

LIFE-COACH SPEED-DATING: Meet our life coach for 15 minutes – he will change your life! This day of life-coach speed dating give 15-minute sessions to your staff over the day. Book him for a day – or a whole week! He is amazing! *Sessions are easily booked online by your staff using our easeful system. (Martin is available from Jan 2020 onwards)*

MINDFUL MANDALA: Drawing/colouring for relaxation helps us to relax and calm ourselves and has a host of benefits including increasing our creativity. Working with reknowned NZ artists, we colour + create our own mandalas from our life and experience, something to inspire our life and goals. No drawing experience necessary, just a willingness to try something new and tap into your creative expression.

FIND YOUR VOICE – THE ART OF COMMUNICATION: In this workshop we explore the blocks we have to healthy and easeful communication. At work and at home - find ways to express yourself, letting go of drama and finding a mindful approach to communicating with honesty and respect that fosters a sense of openness and responsibility. Every workplace needs this workshop.

THE ART OF TEA: This ancient art of tea ceremony is practiced as a group meditation. Using the simple tools of stillness, silence and contemplation we use the ancient practice of drinking tea to help ease tension, let go of the day and open up to a wider sense of ease.

CACAO MEDITATION: This ancient South American ritual meditation is used to bring clarity of mind, focus, relaxation and open heart-ed communication and brings about a deeper connection to our own selves as well as those around us- an amazing start to the work day. (because it's always better with chocolate!!)