



YOGA

Benefits of yoga include improved respiration, energy and vitality. Yoga encourages participants to become more focused, present and have self-control.

Improve your staff's mental and physical health condition by simply completing the Yoga team building activity. Yoga can ideally be used as an icebreaker at the beginning of a conference or a warm up at an team building event. Imagine having your delegates completely relaxed and focused before starting a busy day of conferencing!

AFFORDABLE ADVENTURES TEAM BUILDING

EVERYTHING A **SUCCESSFUL** TEAM NEEDS

OBJECTIVE & SKILL

Become more focused, improve respiration, self-control.

LEVEL OF ACTIVITY

Low to Medium

LOCATION

Indoor and Outdoor

TIME ALLOCATION

1 -2 Hours

GROUP SIZE

Ideal for overall group size of 20 delegates and more