



Wellness Days

Boost Focus, Teamwork and Well-Being

Enhance team collaboration, well-being, and performance with a structured wellness day retreat.

Designed to support mental and physical health, boost productivity, and create space for meaningful connection, these experiences help foster a workplace culture that thrives.

Sample Wellness Day Themes

Stress & Burnout Recovery – Breathwork, guided meditation, and sound healing for deep relaxation.

Mindful Leadership – Mindfulness and emotional intelligence practices to enhance leadership skills.

Movement & Vitality – Yoga, strength training, and nutrition workshops to energize your team. **Nature Immersion** – Outdoor activities such as hiking, forest bathing, and eco-therapy for mental clarity.

Inclusions

- **Planning & Venue Sourcing**
Host your retreat at your company headquarters or let us source the perfect venue.
- **Tailored Wellness Itineraries**
Expert-led sessions in yoga, meditation, breathwork, sound healing, stress management workshops and/or outdoor activities (depending on location).
- **Menu Planning**
Healthy meals, snacks, and beverages prepared by wellness-focused chefs.
- **On-site Coordination**
Full event management and oversight.



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We can help elevate your team's well-being.

Learn more at www.startyouradventure.com/corporate