

Activity information sheet

Yoga for Everyone

Unwind, connect, and rejuvenate as a team with holistic wellness.

Welcome to Yoga for Everyone, the perfect team building activity for promoting wellness and relaxation. Our experienced yoga instructors will guide your team through a series of poses and movements that are suitable for all levels, from beginners to advanced practitioners.

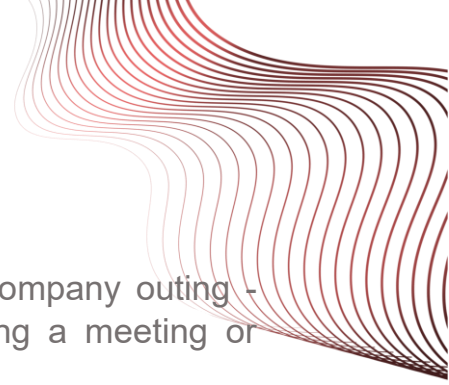
How it Works:

Yoga is known for its benefits in reducing stress, increasing flexibility and balance, and improving overall physical and mental health. During this activity, your team will learn various breathing techniques and poses, with a focus on improving mindfulness and concentration. Our instructors will customize the class to fit the specific needs and goals of your team, making it a personalized and engaging experience for everyone.



Activity Details:

Duration	Group Size	Physicality	Venue
60 min	10 – 1000	High	Indoor & Outdoor



This Activity is Ideal for:

Staff gathering - Building new teams - Staff celebration - Company outing - Teams development - Improving communication - Energizing a meeting or conference - Public holidays - School trips - Birthday parties.

Prices:

Group Size	Price / Participant
Up to 15 participants	QAR 750 (minimum of 10 participants)
16 – 25 participants	QAR 650 per participant
26 – 35 participants	QAR 550 per participant
36 – 99 participants	QAR 500 per participant
Above 100 participants	Contact us for quotation
Optional	Professional Facilitator: QAR 5000 Hotel (inclusive of meeting room and lunch): Standard hotel: QAR 150 per participant Premium hotel: QAR 250 per participant

Tailoring:

Mazecs activities are all about customization. Would you like specific duration, special event requirements, elements of company branding, culture theme and/or mission statement woven into your team building program? Just tell us what you have in mind.