



# Mindfulness

Learn exercises for managing stress/burnout for general employees, to give them a sense of wellbeing on the day and provide skills they can take-away to use in their daily lives



# Breathwork

Alan Ball's breathwork supports connection to our emotions, allowing us to fully release any physical and/or emotional tensions to find a sense of peace.

# Mind-Chi

Experience great benefits including a simple coping strategy, the power to change when you want and how to hold the reins of self-control, to help manage the strain from stress and build resilience.



# Forest Walk

Join Wild New Forest's knowledgeable guides as they lead you through the stunning landscape on our very doorstep, Learn to identify various species, discover their unique ecological roles, and enjoy the beauty of nature.





## EXAMPLE PACKAGE 1

### Canoeing and Laser Tag

Best for teams of **up to 30 people** (or 60 by swapping activities at lunch time).

#### Canoeing

Develop techniques, complete challenges, and explore the stunning Beaulieu River nature reserve with our knowledgeable guides. We provide stable, two and three seater boats suitable for complete beginners.

#### BattleZone Laser Tag

More accurate and fun than paintball with no mess or pain! This combat game uses infra-red and haptic feedback rather than projectiles, so you'll never run out for ammo, and you'll leave both smiling and bruise free!

We've made things **super** easy for you...

Looking for something uniquely tailored to your team's spirit of adventure? Choose from any of our activities and combine them for a full day of adventure.

#### Kayaking

Great in the summer, soak up the scenery on a laughter-filled paddling adventure along the scenic Beaulieu River. Learning skills, enjoying a journey and exploring together. A range of boats of all shapes and sizes are on offer.

#### Mountain Biking

Explore The New Forest's many miles of off-road cycle networks. Short routes, long routes or a fun navigation exercise, our guides will make it just how you want it.

## EXAMPLE PACKAGE 2

### High Ropes and Team Challenges

Customised experience consisting of a variety of mental and physical challenges, capped off with an opportunity to climb into the treetops on our High Ropes elements. As these are team focused, there's plenty to get involved with, even for those keeping their feet on the ground!

#### Archery

Learn what it takes to be an archer. With our expert instructors mentoring and providing constant feedback, you'll see noticeable improvements during this addictive activity.

### High Ropes, Team Challenges and Archery

Ideal for teams of **up to 20 people** (or 40 by splitting up and swapping activities throughout the day).

#### Bushcraft

Get primal on survival as you learn the skills required to be resourceful in the wild. From building shelters to fire lighting, we will get you apocalypse ready!

#### Mobile & Large Events

With our mobile events we can bring the fun-filled activities to your door step. We can also offer events for 100+ people, both at our own sites and elsewhere. Let's have a conversation to explore what works!

**AMAZING**  
outdoor  
adventures...