

CORPORATE WELLNESS DAYS

THE CONCEPT

Get the team out of London into the countryside for a bit of battery recharging. Country views, wholesome (but delicious) food, and a wide range of activities from farm fitness to meditation. Cycling to yoga. A giant hat tipi, a few drinks, more delicious food and some entertainment to finish the night off. Overnight glamping options also available.

The aim is to leave you feeling great; whether that's destressed, re-energised or having hit the reset button. Each package can be tailored to your business' needs.

SAMPLE DAY

Below is just an example of how your day can run, but it will all be tailored to you. Full list of activity options on page 2.

09.30	Arrive for welcome tea and coffee, time for any company presentations
10.00 - 11.30	First session (three morning sessions available, each person can choose 2 of the 3)
11.30 - 13.00	Second session
13.00 - 14.00	Lunch, delicious grazing style platters will be laid up for self-service. Drinks provided.
14.00 - 15.30	Third session
15.30 - 17.00	Fourth session
17.00 - 19.00	Drinks and free time in the tipi or on haybales sat around the firepit
19.00	Evening meal of healthy style street food including drinks. Drinks after dinner will cost extra and can be supplied by client or served by a mobile bar.
19.00 - 21.00	Acoustic guitarist sets, mixed in with playlist music
21.00 - 23.30	Playlist music (or DJ as an additional option)
23.00	Head home. Overnight glamping option is available at additional cost.

COST

The above day is priced at £12,000 and is based on 50 people.

Includes two meals per person, welcome drinks, coffee and tea station, drinks with lunch and dinner (although not bottomless), posh toilets. generator, giant hat cream canvas tipi, hay bales, firepit, guitarist, PA system, on the day coordination and six sessions. Three in the morning and three in the afternoon.

Half day option available, skipping morning sessions and starting at midday.

LOCATION

The Barn KT9/Rushett Barns. Set within half an hour of Waterloo, Rushett Barns is still in the Greater London border, although you wouldn't know it. Nearest station is Chessington South. Oxshott, Ashted, Claygate and Leatherhead are all around 10 minutes away. You'll soon feel like you're miles from London.

DATES

Available dates / 17th June - 30th June / 5th August - 14th August / 23rd Sept - 2nd Oct - Other dates could be possible so please do contact us if a different date would suit you.



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CHOICE OF ACTIVITIES

FITNESS RELATED

Farm Fit Strong Workout / Think tyre flipping, tractor pulling and heart raising workouts that is strongman inspired using farm equipment, weights and bodyweight.

Hiking / Explore the surrounding of the Surrey Hills on a 1-3 hour guided hike.

Yoga / City life can be stressful and one way to help ease the effects of stress is to breathe through a mindful yoga flow.

Meditation / Make the most of the natural surroundings and take yourself far away from the office desk with a guided meditation

Pilates / Has working at a desk brought on all sorts of issues with back pain, leaving you more hunched? Let a pilates class leave you walking taller (and that core burning).

Tour De Surrey / With an Olympic cycle route on our doorstep, take yourself for a guided ride up Box Hill and around the local area.

WORKSHOPS

Herbal Medicine making / Herbal teas, tinctures, vinegars, honeys, lozenges, creams, salves, beauty products etc.

Foraging

Life coach sessions / Tips for stressed out overthinkers / How to put you first (dealing with periods of change)

Bach Flower Therapy

CONSULTATIONS / Nutritional therapy/Herbal medicine / Iridology / Tarot card reading

TREATMENTS / Massage / Reflexology / Beauty Treatments



ABOUT US

Nikki established Fiesta Fields over five years ago. Representing outdoor field spaces and marketing them to couples for weddings, businesses for work parties and really anyone who would like to celebrate with an outdoor event. They have hosted over 85 events with involvement ranging from land hire only to full event coordination.

Having worked in the city and been an in-house PT in corporate wellness, Em understands the power of regular exercise and how the benefits go beyond the barbell, especially when it comes to work. She has built her business on building strong bodies and minds, and liaises with experts in the wellness sector to ensure her clients have the support they deserve to feel their best.

Nikki's events experience paired with Emily's knowledge of health and wellness makes the perfect partnership to offer high quality corporate days out with a wellness twist.



FIESTA FIELDS



If you would like to find out more information then please do get in touch with either Nikki or Emily.
nikki@fiestafields.co.uk / onpointtrainingltd@gmail.com

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