



CORPORATE

wellness workshops

BEGINNERS YOGA

This workshop covers the basics of yoga, suitable for any ability. Your team would learn the beginner yoga poses, some breathwork and how to improve their posture.

PARTNER YOGA

In pairs, your team would assist each other in more challenging yoga poses, competing against other pairs to learn to trust and rely on each other.

DANCE OFF

Dust off your dancing shoes as you team up for your very own dance off. In teams, you will work to create a dance routine to one of your favourite songs, taking to the stage to see who did it better!

FUNCTIONAL FITNESS CHALLENGES

Think time trails, EMOMs and AMRAPs for quick, punchy challenges that will get your whole body working! This will be a test of your mental and physical strength as you work together to motivate your team to keep pushing. Remember, every rep counts!

LEARN TO MEDITATE

A firm favourite for corporate away days at MADE, giving your team the chance to learn how to incorporate a skill that will help in every aspect of life. Skills that people can use at their desk, on a lunch break or whenever they need a bit of a reset. Boost creativity and focus as we teach you how to calm your thinking mind.

MADE OLYMPICS

A fun packed team experience taking inspiration from the Olympics. Create your nation and work together through fun, team based sports.

