

SUMMER OFFICE EXHALE

The Office Exhale is an energising wellbeing experience designed for teams, communities, and organisations wanting connection, regulation, movement, and fun with actual purpose.

A playful but grounded day that supports nervous systems, communication, creativity, and human connection.

Available in offices, outdoor spaces, studios, retreat venues, or custom locations.

DELIVERY STYLE

Playful. Human. Grounded. Slightly unexpected.

Not a party.

Not a workshop.

Not another checkbox wellbeing day.

A reset people actually remember.

We can shape the final experience together based on goals, energy, team size, location, and how playful, reflective, or practical you want the day to be.

Let's build something people leave lighter, stronger, and more connected from.

IDEAL FOR

- team summer events
- wellbeing weeks
- HR initiatives
- leadership offsites
- company retreats
- NGOs
- creative collectives
- institutions
- community groups

EXAMPLES:

EXPERIENCE FORMATS

- 2-hour boost
- Half-day reset
- Full-day camp
- Retreat-style experience

- Reset moments
- Awareness exercises
- Creative games
- Laughter reset
- Sensory tasks
- Mini reflection tools
- Curiosity games
- Breathwork

