

1 Day Corporate Wellness Day Sample - Dubai

08.00 - 09.00	MORNING YOGA AND BREATH WORK SESSION WITH HELEN LOWE
09.00 - 09.30	TEAM BREAKFAST & REFRESHMENTS
09.30 - 12.00	COMPANY FORUM MEETING WITH 30 MIN COFFEE BREAK - LED BY COMPANY
12.15 - 13.00	GROUP STRENGTH & CONDITIONING WITH ROB DONKER
13.00 - 14.00	LUNCH
14.00 - 15.00	NUTRITION FOR COGNITIVE THINKING WORKSHOP WITH ROB DONKER
15.00 - 17.00	TEAM REFLECTION & GOAL SETTING - LED BY CORPORATE FACILITATOR
18.00 - 19.00	SUNSET DRINKS RECEPTION
19.00 - 21.00	BONFIRE DINNER & ENTERTAINMENT