

Coast and Countryside Itinerary ideas:

# Wellness Team building

Looking for some quality time out with your staff and a recharge from the day to day work challenges? Discover what Plymouth has to offer to help enhance wellness into your event and to support your teams in the work place.

[www.visitplymouth.co.uk/conference](http://www.visitplymouth.co.uk/conference)

**ConferencePlymouth**  
The complete service for conferencing, meetings and events



## Walk the South West Coast Path Plymouth Waterfront Walkway

Take a stroll along the famous South West Coast Path and descend the stunning steps from Devil's Point into the Royal William Yard. This great walk along a unique section of the South West Coast Path, the Waterfront Walkway is an entertaining and enlightening journey where art is used to highlight the city's history and heritage.

The Plymouth Waterfront Walkway links the Cremyll Ferry landing stage on the shores of the Tamar with Jennycliff on the eastern side of Plymouth Sound.

Along the way, you'll come across larger than life characters such as Sir Arthur Conan Doyle, Isambard Kingdom Brunel, Robinson Crusoe and Lawrence of Arabia. Then there's the wall of stars, a golden scallop, a ten-ton rhino and so much more. The features were created by the artists of Why Not Associates, and bring to life many of the stories that make Plymouth special. Total route 9.3 miles.

[www.southwestcoastpath.org.uk/](http://www.southwestcoastpath.org.uk/)



## Pentillie Castle Tranquillity and nature in abundance

Visible only from the River Tamar, nestled within a large private estate, Pentillie offers the perfect location to host a retreat. The secluded and tranquil riverside setting offers an overwhelming sense of calmness.

Meditation at the Stone Circle, riverside yoga, woodland walks, waking up to the dawn chorus and endless hideaways can all feature on your bespoke itinerary plus forest bathing.

The Castle provides 11 individually styled bedrooms with spectacular views, numerous reception rooms to relax in, space both inside and out to hold classes and workshops, two large kitchens and a beautiful dining room with doors onto the terrace.

Whether you are looking to host a yoga, wellness, creative or even a corporate retreat, Pentillie will provide your clients with a completely unique experience in peaceful and inspirational surroundings.

[www.pentillie.co.uk/](http://www.pentillie.co.uk/)



## Enhance – Wellness at Royal William Yard

Enhance offer a world of tranquillity at Plymouth's destination clinic for aesthetics and wellness. Situated in the prestigious Royal William Yard, the beautiful seaside treatment centre combines luxury and comfort, whilst maintaining our exceptional clinical standards.

Enhance specialise in a variety of spa therapy treatments, aesthetics, sports massage and wellbeing counselling services. The clinic uses 100% natural, vegan products handmade in Devon.

[www.enhanceplymouth.co.uk](http://www.enhanceplymouth.co.uk)





## Gaia Spa at Boringdon Hall

Gaia Spa is set within the grounds of Boringdon Hall, Devon – a Grade I listed 16th century country manor house hotel, on the edge of Dartmoor, near Plymouth. Named Hotel Spa of the Year in Western Europe & Scandinavia at the World Spa & Wellness Awards 2019, Condé Nast Johansen’s Best Destination Spa in the UK & Ireland 2018 and 2020.

### The Gaia Experience

Gaia Spa promotes your personal natural wellbeing in an environment designed to transcend the stresses of the modern day routine. Creating spaces where you find yourself naturally relaxed, Gaia Spa facilities and therapies will provide the opportunity to nourish mind, body and spirit, resulting in a balance between the individual and the wider world we live in.

Gaia rituals are designed to identify three levels of an individual’s well being, recognising the holistic benefits of treatments across mental, physical and spiritual domains.

They have been designed to be meaningful, connecting to history and tradition, with the aim that they are felt physically and that they are understood mentally. They are designed to bring a person to a state of wellness, this is more than the absence of illness, the state of being well is a sense of life, high energy levels, contentment, enjoyment and fulfilment, which gives mental clarity and physical strength. Wellness is about awareness and relationships, about reaching into your heart, being the best you can be. All Gaia rituals start with a welcome foot ritual and consultation followed by after-care advice and a Gaia tea.

[www.gaiaboringdon.co.uk/](http://www.gaiaboringdon.co.uk/)

## Yoga at the National Marine Aquarium

Karen from Ashtanga Yoga Plymouth leads sessions which involve a dynamic and energetic form of yoga in which postures are linked in a flowing sequence that in time becomes a ‘meditation in motion’.

These sessions are accessible to everyone in friendly, authentic, inclusive, affordable classes, helping you to discover all the endless benefits to both mental and physical health of this very traditional and innately wise practice.

[www.national-aquarium.co.uk/](http://www.national-aquarium.co.uk/)



## ACF Team building – Mind, Body and Soul packages

ACF Team building and Events is one of the UK's leading team building and event companies with over 20 years of experience running thousands of fantastic corporate events.

No two events are the same, we tailor make each package to suit you and your event. A holistic approach to wellbeing will help individuals to overcome challenges and allow them to achieve their personal and career goals.

- ✓ Tai Chi
- ✓ Yoga
- ✓ Juice/smoothie bar
- ✓ Wellbeing in the Workplace
- ✓ Laughter Workshop
- ✓ Watercolours
- ✓ Mindfulness
- ✓ Electric Bikes
- ✓ Stress Buster Workshop
- ✓ Craft Workshops

We practice what we preach each and every day, and we know first hand that educating your employees about wellbeing and being aware of their individual needs can only lead to a happier workforce.

A happier and healthier employee will be more productive and engaged, which can only be good for your business.



### Wellbeing in the Workplace

Our qualified facilitator will lead your group and give an interesting insight into what mental-health and wellbeing is. These workshops help organisations with building resilience within the work place and develop a more empathetic environment.

After learning the theory and gaining new understandings, the remainder of the session will provide direct and practical help by teaching skills and tools needed to overcome many of life's stresses. There is no need for any guests to share any personal or difficult information.

### Laughter Workshops

This workshop can generate ways to work together even better, using skills such as listening, communication, visioning, laughter and more. Never underestimate a good laugh! When you have laughed with someone you can work more easily together.

By bringing laughter into the workplace, people become more resilient, motivated, creative and productive – altogether working better as a team member as well as individually.

### Mindfulness

Mindfulness is about putting aside worries about the future and the past and experiencing the present. People have used it effectively to treat anxiety, pain and stress. It has also been seen to enhance creativity and productivity too.

Our experienced facilitator will help get guests into a guided mindfulness meditation. Guests will take away how they can apply this mindfulness session into their daily life.

