



# Mindful Medley



# Mindful Medley.

Teams visit different activity areas where they can relax and enjoy some of our most mindful activities.

Although flexible, the standard format includes up to three of the following activities, run in 45 - 60 minute sessions over 2.5 - 3 hours.



Mindful Mandala Drawing – Guests draw and colour in their own mandala. Mandalas are a symbol of mindfulness and drawing them requires guests to “zone out” for a while and to think only about what to draw next, making this a super relaxing activity.

Paint and Plant – A mix of our two most mindful activities – painting and planting! Guests paint themselves a plant pot and we’ll give them a plant to put inside to nurture and bring some nature indoors.

Mini Terrarium Making – Plants make you happy! Guests make a miniature self-sustaining terrarium that will never need watering and will look after itself – one less thing to worry about.

Play with Clay – Guests make a plant pot using air dry clay and we’ll give them a plant to put inside to nurture and bring some nature indoors.

Origami – Guest learn the ancient and relaxing art of paper folding.

Candle Making – Guests make a candle using relaxing fragrance oils. Candles are scientifically proven to soothe us, and their soft illumination helps us to calm down and even achieve a meditative state.

## Notes

**Cost:** £POA

**Activity Duration:** 2.5 – 3.0 hours (indoors)

**Guest Numbers:** 10 – 100

**Teams:** 5 – 8 people per team

**Our Requirements:** Tables and chairs for guests and 2 x 6ft x 2ft trestle tables for our equipment

## Why Firebird Events?

- Our fantastic team are creative, knowledgeable, experienced, friendly and fun. Thanks to our drive, dedication and attention to detail, we will deliver you an unforgettable event experience.
- We listen. We can provide you with great ideas, bespoke solutions and reliable service, helping you to create an event which suits *your* needs and objectives.
- Well established within the industry since 2000, our reputation and fantastic relationships have enabled us to work with an array of clients, including many large corporations and top UK venues, time and time again.
- We can provide everything from a single activity, to an entirely produced event, providing first class team building days and corporate events.
- Our hard work has been recognised within the event industry, winning awards in the category of “Best Event Provider” at the M&IT industry awards – silver in 2018, bronze in 2019 and silver in 2020.
- Firebird Events are covered by a minimum of £1 million Public Liability Insurance.

## Notes

- All prices are subject to VAT at the current rate.
- All prices are subject to availability.
- Prices may be subject to change.
- All prices where an event set up fee is stated are subject to the relevant per head fee on top.
- Some services or items may be subject to minimum order fee.
- Prices may be subject to travel and accommodation charges.
- Full payment will be due 30 days prior to event date (unless a credit account has been agreed in advance).
- Soft or hot drinks (weather dependent) should be provided for our team throughout the duration of the event.
- Depending on length of the event, hot food may be required for the team.

## Copyright

This document is the property of Firebird Events Ltd. It includes information, advice, recommendations and prices that are of a strictly confidential nature. Therefore the document is tendered on the express understanding that its contents are copyright and that the ideas and recommendations expressed in it are, and remain, the intellectual property of Firebird Events Ltd. It should be understood that no information contained in this document should be divulged to any third party without our prior written consent. In instances where a breach of this copyright is brought to our attention, please be advised that it is company policy to take necessary actions to protect our intellectual property in the event of imitation or any other such use of the content of this and similar documents.