

The Chillout Challenge

We are all stressed, we work too hard, for too long and at too high a personal cost. It's time to redress the balance—it's time for The Chillout Challenge!

Below are just some of the many ways we can improve mind and body. These work brilliant as a conference energiser or as a stand alone team activity.

The Warrior's Workout

A dynamic sequence of energising yoga poses designed to liberate untapped sources of energy and confidence within you. This style of yoga promotes stamina, strength, fitness and vitality. Participants will be amazed by the variety of challenges that can be faced just by manoeuvring their own body without any kind of equipment or machinery.

Corporate Bending (yoga for teamwork)

A fun sequence of partner based yoga poses that not only deliver the regular benefits of yoga, but also promote trust, communication and teamwork between individuals. Participants will discover how much more easily they can achieve certain postures with the support and encouragement of a partner.

Deskbound Yoga (yoga for the office)

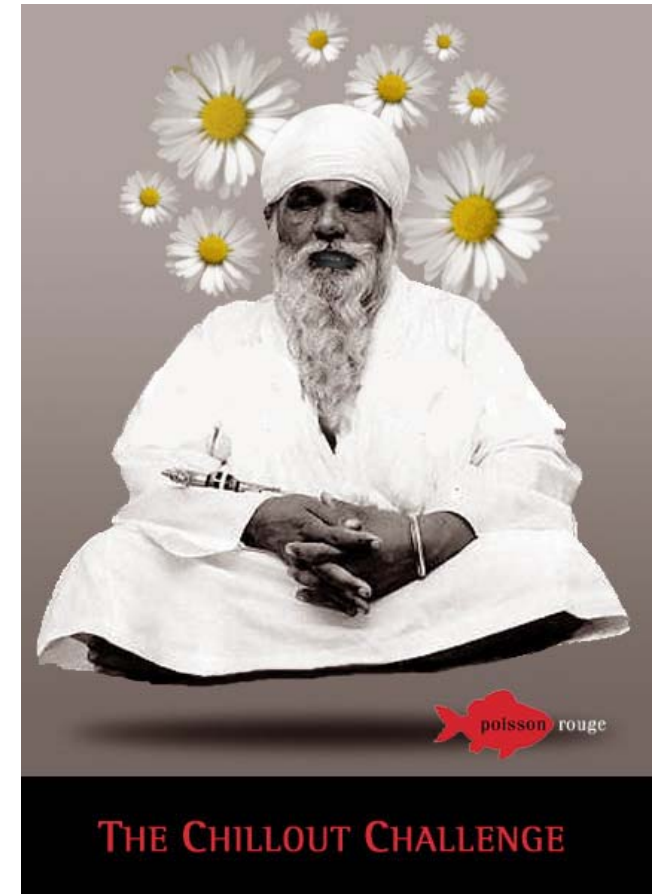
We all spend far too much time hunched over our computers- yet the body was never designed to sit in "computer pose" for up to 10 hours a day. This short, fun sequence will give participants some invaluable and cheeky ways of staying on top form in the office, while those around them slouch ever further into their chairs.

The Chill (yoga to de-stress)

Tired? Nearly got fired? Or has your energy expired? In this session we will show you just how soothing, relaxing and gentle yoga can be. The postures in this session are all about letting go rather than controlling, forcing or summoning extra effort. Deep peace and lots of release are guaranteed.

Tai Chi

It's like the more flowing, ballet version of Chinese Yoga - a set sequence of movements that is actually a Martial Art - despite the grace of the form. The slow manner in which all movements are conducted slow down the brain waves thereby inducing a greater degree of calm in the nervous, cardiovascular and respiratory systems.



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You've heard of corporate bonding, well now try corporate bending