

Tune In, Fuel Up, Flow Freely

Why The Health Play Collective?



Because the world of work has changed, and the demands on employees are higher than ever.

Investment in People

1. Combating Burnout and Boosting Engagement

Our wellness away days offer a crucial chance for employees to unplug, reset, and recharge away from the daily grind.

2. Improving Team Cohesion and Communication

Stepping out of the office and participating in structured wellness and nutrition activities together creates a unique, relaxed environment. This allows colleagues to connect on a more personal level, breaking down departmental silos and improving trust. Better communication and stronger bonds translate directly into more effective teamwork back in the workplace.

3. Delivering Holistic, Expert-Led Wellness

In today's market, generic team-building events aren't enough. The Wellness Collective offers a comprehensive approach to health—addressing both the mind and body. This specialist focus provides employees with actionable tools and knowledge they can use long after the away day is over, creating a lasting positive impact on their health and productivity.

What's it all about?

Movement

We start the day with gentle stretching, breathing & ambient music to stimulate the body for the day ahead. Combining simple yoga moves & improvisation, our **natural body rhythms** are stimulated & strengthened.

“found the percussion such an imaginative replacement for trad yoga music - really intuitive and powerful”

Walk & Talk

Join us in nature to discover how mindful communication can enhance your productivity and well-being. This session emphasizes the vital skill of listening to help you connect and collaborate more effectively.

‘thank you both for a beautiful bubble of Englishness, in all it’s glory. Feeling revived and blessed”

Nutrition

How we fuel ourselves throughout our day is key to good energy, as well as vital **nutrient** supplies. This interactive talk takes us on a seasonal walk through an optimum diet for **long-term health**.

“I really appreciated the warm welcome, the food was absolutely delicious- I’ll definitely be trying out some of those recipes”

Musical Exploration

Come explore your musicality! We'll use creative percussion to ignite your inner child and discover your natural sense of rhythm. Get ready to make music and unleash your true creative potential!

“this was so much fun. Loved it all- and perhaps would suggest a bit more movement in the class - not just at the end as the music makes you want to bop about”

Rhythm, Ritual, & Resilience

Morning Flow & Sonic Stillness

Ditch the "corporate icebreakers" for a genuine morning reset. This session blends stylised yoga with live musical accompaniment to mobilise the body and activate the lymphatic system. Finish with an ambient guided meditation designed to sharpen focus, dissolve stress, and cultivate a lasting, practical sense of flow.



01

Physical Strength

Yoga strengthens muscles, improves flexibility, and enhances balance for a stronger, healthier body.

02

Mental Clarity

Yoga flow enhances focus, reduces anxiety, and fosters inner peace through mindful deep breathing.

03

Emotional Well-being

Together they support self-awareness, emotional balance, and improved mood for a healthier lifestyle.

04

Natural Rhythm

Integrating music with movement creates rhythm & harmony within body and mind.



Nutrition

Whilst all the food we eat should be 'energetic' and full of life, it's easy to get into a rut & eat the same foods all the time! This session encourages us to eat with the seasons & choose foods that deeply nourish us.

01

Energy

Understanding the principles of blood sugar balance is key to maintaining consistent energy levels through the day.

02

Mindfulness Practice

Enhance your digestive function with mindful eating - it's all about slowing down!

03

Immune Support

All of our body's systems are designed to protect us & keep us healthy - here we discover the key nutrients necessary to help us thrive for decades to come!

Musical Exploration

explore your inner creative



An Enchanting Exploration of Global Instruments

Step into an enchanting treasure trove reminiscent of Aladdin's cave! The room is filled with a captivating collection of global instruments, including drums, gongs, percussion, shakers, cymbals, and many more, inviting you to explore sounds from around the world.

You're warmly invited to explore this vibrant array like a kid in a candy shop! This session is specially crafted to nurture your innate curiosity and creativity. Feel free to engage with the instruments, discover how each one is played, and join in a final round of collaborative music-making to enhance your appreciation for these global sounds.



The Boomwhacker Challenge

The Boomwhacker Challenge is a lively group activity that fosters rhythm and teamwork. Participants learn a structured, collaborative groove using Boomwhackers (colorful, musical percussion tubes). This exercise quickly demonstrates the importance of every single contribution to the final, vibrant performance.

You're The Composer

After mastering the basic skills, teams are formed to compose their own musical masterpieces. This hands-on exercise encourages creativity, teamwork, and innovation as you experiment with different rhythms. The challenge finishes with a performance showcase where each group proudly presents their new composition to the rest of the participants.

Walking & Talkingbeing in nature



Tired of the boardroom?

Walking & Talking is a refreshing alternative to traditional sit-down discussions. By taking your conversations outdoors and into nature, you instantly encourage physical activity, which is proven to boost creativity, improve problem-solving, and enhance engagement.

Music in Nature

To deepen this experience, we will incorporate mindful moments with music, allowing you to fully absorb the restorative power of the environment. This change of scenery reduces mental fatigue and leverages nature's calm to sharpen focus. It's the perfect format for smaller groups or one-on-one discussions, offering a stimulating and restorative change of pace.

“a precious day, away from work, filled with joy, fabulous food and a lot of laughter. I came away relaxed and rejuvenated and ready to get back to work. Many thanks to the brilliant Antonia for such skilled and seemingly effortless facilitation, to Adrian for sharing his extraordinary percussion skills, reigniting everyone's desire to bang a drum”

The Pulse of Wellbeing: Our Philosophy



Adrian Wiggins: The Curator of Flow

With 25 years spent transforming corporate energy through the pulse of authentic samba drumming, Adrian is a master of "the flow." He has hand-picked a dynamic team dedicated to replacing stale conferences with vibrant, holistic experiences that resonate long after the final note.

Adrian Wiggins believes that movement and play are the very soul of a life well-lived. We don't just offer a break; we invite your team to reboot their internal rhythm section.

By harmonising the body's natural cycles—from your heartbeat to your circadian flow—we create space for authentic recalibration. We swap corporate clichés for a vibrant blend of movement, music, and nutrition, fostering the genuine connection your culture needs to truly thrive.

