

one wellness space

Teambuilding and Workshops



Teambuilding Excellence

Building happier, healthier workplaces together.
One Wellness Space enhances team growth and well-being through innovative and engaging teambuilding programs tailored for your business.



Our Mission & Vision

Creating work-life balance through effective teambuilding strategies for stronger teams.



Our wellness teambuilding activities are made for everyone to enjoy, feel connected, and stay motivated.



Our unique approach supports modern workplaces by providing inclusive wellness teambuilding experiences.



We believe that our mission empowers teams to achieve success while building greater well-being.

Benefits of Teambuilding

How teambuilding enhances productivity and communication in the workplace

Work-life balance is essential for overall well-being, helping to prevent burnout and improve focus and productivity. It supports a healthier, more fulfilling lifestyle by creating space for both professional goals and personal needs, leading to greater satisfaction at work and in everyday life.



Our Offering

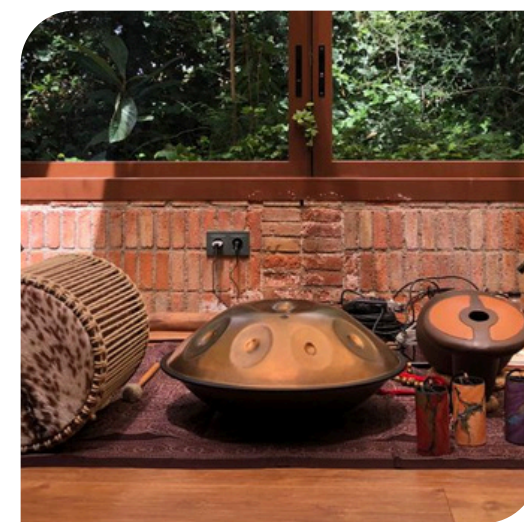
We offer yoga classes, sports nutrition coaching, and mindfulness workshops to enhance performance, improve focus, and create a balanced workspace through engaging teambuilding events.



Yoga Classes

Promote mobility, a healthy posture and enhanced wellbeing

Mindfulness Practices
Boosts focus and mental clarity

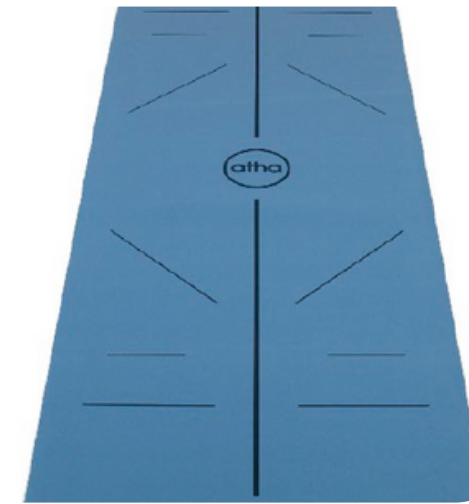


Holistic Workshops

Explore new ways to connect

Facilities

We partner with top-quality suppliers for venue locations, catering, equipment and all the necessary tools to deliver the best experiences. We collaborate with qualified therapists in all holistic domains.



Equipment

Yoga mats, blocks and materials from eco-sustainable sources

Locations
Natural spaces with outdoor and indoor facilities



Therapists

We partner with top facilitators for yoga, mindfulness, fitness, sound healing, breath-work, etc

Key Goals of Our Teambuildings

Discover how our teambuilding services enhance team spirit and growth



COMMUNICATION

Enhanced communication and openness among team members.

COLLABORATION

Improved collaboration across teams with diverse skill sets.



COMMUNITY

Building a sense of belonging and creating a supportive community.

“A great centre of activities
and a very well run session.”
– **Christopher**

“What an amazing workshop
experience! Held in the charming space.”
– **Sarah**

“I've attended both yoga
classes and retreats and I can
highly recommend them.”
– **Nadia**

“Reset from city life.”
– **Isabel**



Packages Examples

*all packages' prices are subject to change when the number of participants decreases or increases. Please send us your personalised enquiry by email hello@onewellnessspace.com

Lotus

- 2 hour experience yoga/ pilates/ training + brunch
- up to 15 participants
- incl. space, food, material

Asana

- 4 hours experience yoga/ pilates / training + holistic therapy (mindfulness, sound healing) + lunch
- up to 15 participants
- incl. space, food, material

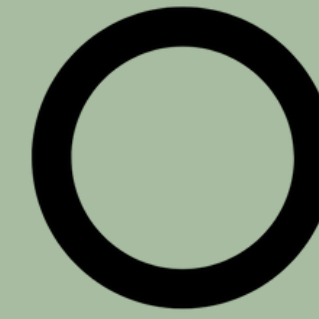
Prana

- 4 hours experience yoga/ pilates / training + holistic therapy (breathwork, tantra) + lunch
- up to 15 participants
- incl. space, food, material

Dhyana

- Full weekend retreat Friday - Sunday
- Up to 15 participants
- incl. space, food, material





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Start your wellness journey today!

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www.onewellnessspace.com