



Corporate Wellness Calendar





January



EXPRESS TO DE-STRESS

Description of Activity: Using Dance and Movement activities to release stress and give tools to the participants to deal with it in a better way.

Dance/movement therapy consists of movement activities like warm ups, mirroring, dancing with props, moving through space, trust exercises, improvisation, body rhythms and hand-gestures which are therapeutic as well as fun.



FEBRUARY

FITNESS

Description of Activity: Capoeira, Office/Chair Yoga. ➤

Capoeira is a Brazilian martial art. Capoeira is the dance of freedom, fight, feeling, energy, friendship and confidence. Capoeira involves acrobatics, fight, dance, movements, discipline & fun.

Total Yoga is a yoga style and school that seeks to simplify yoga for everyone.





MARCH

EMPOWER

WOMEN'S DAY CELEBRATIONS

In order to celebrate this wonderful day, we would like to offer a Creative Arts Workshop focusing on Empowerment for all your female employees.

This workshop will make every woman feel special and give her due credit for the exceptional multi-tasker that she is. She needs her time of relaxation too, where she can forget her worries and just be herself, understand herself and release stress and tensions that her mind and body hold.

APRIL

Communication Through Canvas

Description of the session: Visual Art sessions use the creative process of making art using colours, paints, charts and other craft material to improve a person's physical, mental, and emotional well-being. Visual Art can improve communication (both verbal and nonverbal), promote relaxation, improve focus, foster expression, reduce anxiety, provide a sense of accomplishment, help build a sense of self and teach interpersonal skills.

Challenges: Make a card for your loved one



Description of the activity:

Mindfulness based Practices: This session will invite participants to experience the Observing Self by contacting the present moment with openness and curiosity. The process of self-inquiry shall be explored in the Here and Now, through 1) Noticing/Observing 2) Listening/Acknowledging and 3) Non-doing.

Mindfulness can be tapped into through multiples ways, some of which will be explored in this session through breath, therapeutic movement, walking, stillness, focusing on experience, art making, self expression and group reflection.



MAY

Mindful Summers





JUNE

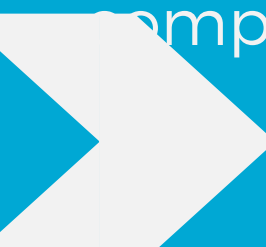
BETTER TOGETHER


Description of the activity:

The focus of this session is Team Building and Group bonding. Specific activities that focus on Trust building, sharing and compassion are included in these sessions.

The focus is to engage the participants in fair play, Play that is non-competitive and is pure joy.

Follow up: Build your resources challenge/Give compliments to 5 people everyday/Box of gratitude & good intentions to be kept in office



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- The background features a grayscale image of a classical statue, possibly a Greek or Roman figure, with intricate carvings. Overlaid on this are several large, colorful geometric shapes: a bright green chevron pointing right in the top right corner, a magenta and green chevron pointing right in the middle left, a solid blue chevron pointing right in the bottom left, and a solid magenta chevron pointing right in the bottom right.
- Driven by a team of professional therapists and psychologists, Artsphere's corporate workshops focus on using dance-movement therapy, visual art therapy, drama and play therapy and mindfulness based psychotherapy to cater to various areas like stress management, team building, leadership, innovation, employee engagement, corporate wellness, communication and much more.

Other Requirements



Large, preferably empty space where 20-30 adults can walk, lie down.

That all participants preferably wear loose, comfortable clothing

Access to a Music System and Mics

All the props and Art material shall be provided by the organization. (We shall send a list across once things are finalized)



OUR CLIENTELE



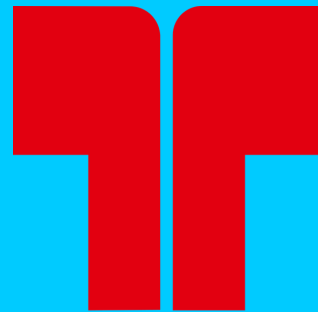
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Honeywell



saama



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