



Inclusive Zoom based visualization experience to relax, recharge and re-focus your team

Key Benefits

- ✓ Collaborative & Democratic
- ✓ Mental Wellbeing
- ✓ Team Bonding
- ✓ Rewarding a Team
- ✓ Mindfulness & awareness

Absolutely no previous meditation experience is necessary; it's as easy as listening to a relaxing story with your eyes closed!



30-45
minutes



6 – Unlimited





Activity Overview



Meditainment ONLINE! is a short, fun group interactive audio/visual experience delivered over Zoom



After a welcome by the presenter, participants are introduced to 16 destinations they can travel to on a guided meditation journey



These include amazing places such as the Secret Garden, Lost City, Deep Ocean, Mountain Refuge, Desert Oasis and the Blue Lagoon



A series of votes are taken with the Zoom polling function to decide democratically the chosen destination of the group



Participants connect their headphones, close their eyes and embark on their journey, enjoying all the wellbeing benefits of meditation along the way



Meditainment utilises established guided visualisation techniques, leading users on imaginative journeys to dreamlike destinations to explore and reflect on a range of wellbeing topics