



ZEN DAY

Experience a day of tranquillity and creativity with Zen Day. Begin with a peaceful icebreaker where participants share personal interpretations of Zen through morning photos. Engage in rejuvenating activities including yoga lessons and crafting mindful reminders. Embrace teamwork by collectively taking 10,000 steps in unique and amusing ways, documented for laughter and speed. Create miniature Zen gardens and enjoy a healthy lunch break with nutritionist insights. Stimulate innovation with brainstorming sessions on workplace nutrition, culminating in a winning idea implementation. Unleash laughter with humorous yoga poses and explore dreams with a sleep health specialist, all leading to a Zen Party finale filled with fun and camaraderie.