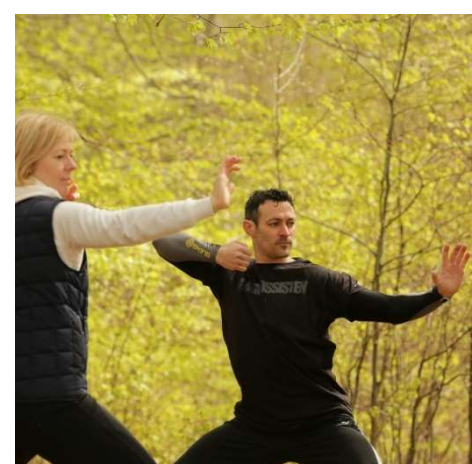


"The importance of wellness and breaking negative patterns is increasingly important in our stressful, every-day lives. Our staff are the most important resource we have and to give them ideas/tools (such as from these days) is an investment to the individual and to the company's future. Stephen gave us an inspiring and amazingly fun day. I can't wait for our next session."

**Roland Nilsson - Area Manager,
Marabou**



To extend our passion in helping and inspiring others, we work in conjunction with the 7m-project and donate a percentage of our proceedings to this wonderful charity. The 7m-project is an ongoing project that helps create sustainable, long term water solutions for those whom are in need in Africa.

ARE YOU IN NEED OF INSPIRATION / MOTIVATION FOR YOU AND YOUR TEAM?

- Catering for the corporate, athletic and private sector, customised days are tailored for you and your team.
- Days often include the right level of physical training (appropriate for your group), communication exercises, yoga, tai chi, health/nutrition talks and mindfulness (plus much more).
- We are always outdoors either at a beach or forest.
- These days build bridges between people with thought, sweat and laughter.

Contact: Stephen Roigard

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Email: roigard@holisticwellness.co.nz

For more information: www.holisticwellness.co.nz/inspirationdays