



# TEAM-BUILDING

## ZEN

Athletes know it : in a competition, the faculty of recuperation is as important as the effort put in at crucial moments.

You would like to give a new boost to your team in all gentleness?

You would like to tackle the targets you have chosen in calm and reflection, put them into practice inside and outside, during a putting in a real-life situation where there is no place for physical strength and boldness.

A bio breakfast, a well-dosed cocktail of tonic and relaxing activities, a search of know how and know how to be in a green setting in the heart of the Ardennes, an improvised meditation on the shore of the pond,....

What better formula accessible for all, to remind you that your biggest treasure is your capital ' health'!

*Ex : Putting in situation  
Group discussion during MB rides  
Brain Storming  
Sauna  
Working out of a charter  
Collective fishing  
Mission meal*

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