



Wellness Activities with ARC Racing and Leisure Group



Your **VENUE**



Firebird
Events

FIREBIRD EVENTS LTD, UNIT 3 NIMBUS BUSINESS PARK, HERCULES WAY, FARNBOROUGH, HAMPSHIRE, GU14 6UU

WWW.FIREBIRDEVENTS.CO.UK | ENQUIRIES@FIREBIRDEVENTS.CO.UK | 01252 545654



Creative and Mindful Workshops

Mindful Photography Workshop

This mindful photography workshop has been designed for wellbeing, resilience and positive change.

This unique group activity is designed to help you use your eyes with mindful photography (a blend of photography and mindfulness), nature connection and visualization to see your life, your work and your world from a different perspective.

The aim is to inspire you to use your vision and the lens of a camera to reframe your now, revision your future and create the story you want to see.

Ideal for corporate groups and team building it offers creative wellbeing for your employees, using a blend of photography, mindfulness and nature, that they can embed into their personal and professional lives.

This evidence-based course helps you to slow down, look, look again, and consciously see what is in front of you in any given moment.



What is included:

Instructor and workshop equipment (excluding cameras)

Notes

Cost: From £2,925.00 for half a day or from £4,125.00 for a full day

Activity Duration: 2 hours – 6 hours (indoors and outdoors)

Guest Numbers: Up to 12 people

Our requirements:

- Room with a large table and chairs to accommodate group
- Access to outdoor spaces
- Camera or Smart phone with camera for each individual participant



Brush Lettering

This creative and calming workshop will begin by introducing mark making exercises to get everyone comfortable using the brush pen with tips on how to create different sized strokes and shapes. Our expert instructor will then talk through how to turn marks into letterforms creating a brush lettered alphabet working step by step through each letter. As the group works through simple techniques for joining letters, learning tips for adding personal style to your lettering, flourishes and illustrative elements and confidently creating your own brush lettered designs.

The workshop can be tailored so the attendees take home one of below depending on the season or event:

- Brush Lettered flower posies
- Brush Lettered print
- Brush Lettered gift tags or place names
- Brush Lettered Ceramics such as Bunnies or Bauble

What is included:

All Materials supplied & attendees will take home their guide sheets and final brush lettered creation.

Notes

From costs: 2 hour workshop for up to 10 £1,350.00

2 hour workshop up to 20 £1,500.00

Activity Duration: 2 hours (indoors)

Guest Numbers: Up to 20 people

Our requirements:

Room with large table and chairs to accommodate group



Abstract Floral Painting Workshop



Working through exploring colours and how they affect our moods, examining how nature can inspire movement and form and creating textures with paints.

The workshop focuses on mindfulness, increasing wellbeing and encouraging attendees to explore their creativity.

The workshop is taught in a relaxed & encouraging way sharing techniques and assisting everyone along each stage of the process and all attendees will create a floral abstract painting for their homes onto a textured artboard.

A walk can be incorporated at the beginning of the session to gather seasonal inspiration from the surroundings.

What is included:

All Materials supplied & attendees will take home their final painting.

Notes

From costs: 2 hour workshop for up to 10 £1,350.00

2 hour workshop up to 20 £1,500.00

Activity Duration: 2 hours (indoors)

Guest Numbers: Up to 20 people

Our requirements:

Room with large table and chairs to accommodate group



LOOSE WATERCOLOUR FLORALS

This workshop will introduce watercolour paints with simple colour exercises showing how to mix colours and creating colour charts that spark joy.

Our instructor will talk through and demonstrate how to work with watercolour in different states and explore colour washes and blocking before working through seasonally inspired floral and foliage motifs. They will encourage exploring movement and texture in the paintings and also show how to paint a seasonal floral bouquet.

The workshop focuses on mindfulness & exploring creativity and colour within seasonal nature.

What is included:

All Materials supplied & attendees will take home their watercolour set, sketchbook, guide sheets & final print.

Notes

From costs: 2 hour workshop for up to 10 £1,350.00

2 hour workshop up to 20 £1,500.00

Activity Duration: 2 hours (indoors)

Guest Numbers: Up to 20 people

Our requirements:

Room with large table and chairs to accommodate group



Mindful Medley.

Teams visit different activity areas where they can relax and enjoy some of our most mindful activities. Although flexible, the standard format includes up to 4 of the following activities, run in 30 - 45 minute sessions over 2.5 – 3.0 hours.

Mindful Mandala Drawing – Guests draw and colour in their own mandala. Mandalas are a symbol of mindfulness and drawing them requires guests to “zone out” for a while and to think only about what to draw next, making this a super relaxing activity.



Paint and Plant – A mix of our two most mindful activities – painting and planting! Guests paint themselves a plant pot and we'll give them a plant to put inside to nurture and bring some nature indoors.

Mini Terrarium Making – Guests make a miniature self-sustaining terrarium that will never need watering and will look after itself.

Mini Desert Zen Gardening – Guests plant a mini desert terrarium with low maintenance cacti and succulents.

Bath Bomb Making – Guests make some bath bombs using soothing salts and relaxing fragrance oils. Don't have a bath? Don't worry, they can be used as shower steamers or in a bowl of hot water for a calming foot soak.



Candle Making – Guests make a candle using relaxing fragrance oils and a wood wick that makes a soothing crackle sound, perfect for ASMR. Candles are scientifically proven to soothe us, and their soft illumination helps us to calm down and even achieve a meditative state.

Play with Clay – Guests make a plant pot using air dry clay and we'll give them a plant to put inside to nurture and bring some nature indoors.

Abstract Embroidery – All the relaxation of embroidery but we've made it way less chintzy! Guests use different colours and textures to make an abstract pattern that is unique to them.

Origami – Guest learn the ancient and relaxing art of paper folding.

Notes

Cost: £945.00 (event set up fee) + £44.00 per head

Activity Duration: 2.5 – 3.0 hours (indoors)

Guest Numbers: 10 – 200

Our Requirements: Tables and chairs for guests and 3 x 6ft x 2ft trestle tables for our equipment



Terrarium *Workshop*

If you've ever wanted to build your very own self-sustaining living garden, then look no further...

In this relaxed, creative workshop you will re-connect with nature, learning the whys and how's for making a self-contained living botanical environment. Inside your terrarium, your chosen plants will thrive off the moisture inside and will look after itself.

As part of the workshop we will teach you the fascinating history of terrariums before getting your hands dirty... Then you will be taught layering and planting techniques and get to choose the plants you'd like to include in your garden. Once built, we will run through some watering techniques and how to best position your garden, plus after-care advice too.

Enjoy being in the moment building your terrarium - collaborating with colleagues in a calm and focused session and the best bit of all, is that you get to take your creation back to the office to display on your desk!

What is included:

- All materials, tools and equipment
- Terrarium plants and cacti
- Gloves, aprons and table covers
- Bags to take creations home
- Aftercare information sheets

Notes

Cost: £895.00 (event set up fee) + £39.00 per head

Activity Duration: 1 – 2 hours (indoors or outdoors)



Clay Time

A relaxing, tactile and fun workshop where guests design and create their own bespoke clay pot and 'clay mate' character!

In our clay workshop, delegates will enjoy the calming and sensory experience of working with clay - the perfect balance of mindfulness and playful fun.

Hosted by our expert, delegates will be guided through each step. First, they will learn traditional potters' slab building techniques to create their pot. Then things get really creative and guests are encouraged to explore their silly side, by forming their pot into a weird and wonderful character!

Each delegate will have the freedom to create their own design, with guidance from our tutor, so that the group can enjoy the shared experience of learning a new skill together, while expressing themselves with their own personalised project. This quirky and 'wabi-sabi' approach makes this workshop suitable for all abilities, as the pot is supposed to be unique, not perfect!

Pots can then be left as they are, displayed with their plant inside, or we'll advise on how to glaze, or paint pots if guests would like to do so at a later date. At the end of the activity, each delegate will take home a pot that is as unique as they are!

What is included: Event host, instructors, materials, tools, plants to display in pots, gloves, aprons and table covers.

Notes

Cost: £885.00 (event set up fee) + £38.00 per head

Activity Duration: 1 – 1.5 hours (indoors)

Guest Numbers: 10 – 100

Our Requirements: Tables and chairs for guests and 3 x 6ft x 2ft trestle tables for our equipment



SOAP MAKING

With all this hand washing going on, what could be more appropriate than learning to make stunning handmade soaps?! And bar soaps are eco-friendly too, helping to go packaging-free and having a far better carbon footprint than bottled liquid soaps.

Hosted by our expert soap maker, guests will be guided through each step from preparing the mould, melting the soap, adding dyes and fragrances and creating stunning visual effects.

Ingredients have already gone through the saponification process so there are no dangerous chemicals to worry about. Guests can simply enjoy the artistic side of creating fun designs.

Guests can make a range of soaps such as a novelty rubber duck soap, loofah soap, soap with embedded shapes and cake soaps using natural colours and fragrances.

As a bonus task, teams can also make their own alcohol gel hand sanitiser.

At the end of the activity guests will have a beautiful set of soaps to give as gifts or to make hand washing more fun! We'll also give each guest some information sheets to take away, so that they can continue to explore their new-found soap making talents at home and spread the germ-free joy!

Notes

Cost: £795.00 (set up fee) + £42.00 per head

Activity duration: 2 - 3 hours

Guest numbers: up to 30

Requirements: 1 table & chairs per team & 3 x 6ft x 2ft trestle tables for our equipment





CANDLE MAKING APPRENTICE CHALLENGE

Teams must invent, produce and market a brand new brand of candles.

The candle making business is on fire at the moment, as an interest in self-care, home décor and room fragrancing flourishes. Everyone from top fashion houses to independent, artisan boutiques are entering the candle market.

Teams begin by inventing their new product. With a wide range of moulds, containers, colours and fragrances to choose from, teams can let their imaginations run wild, creating anything from novelty gift candles to high end, relaxing aromatherapy spa candles. Teams then ignite their brand by giving it a catchy name and designing and making the packaging.

Ingredients and materials are priced, so teams will need to keep an eye on costs and decide how they will price their product to make the best profit (note this is fun money, not real money!)

Teams then pitch their product, brand and marketing strategy in a presentation to the judges and, as a fun finale, teams perform their own advert!

What is Included; Event manager, team building instructors, candle making tools, candle fragrances, essential oils, dyes, craft materials, information packs, table covers, gloves, aprons, props, costumes, team packs, stationery and fun prizes

Notes

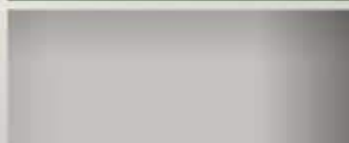
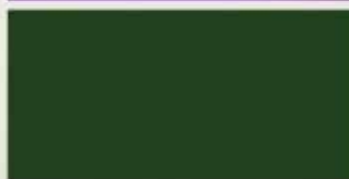
Cost: £795.00 (set up fee) + £42.00 per head

Activity duration: 2 - 3 hours

Guest numbers: 10 - 150 (suggested team size: 5 - 8 people)

Requirements: 1 table & chairs per team & 3 x 6ft x 2ft trestle tables for our equipment

We also offer a candle making masterclass, further details available upon request.





Back to Nature

INTRODUCTION TO NATURE JOURNALLING WORKSHOP

The introduction to Nature Journaling workshop works through how to find and capture inspiration from nature and transform it into creative journal spreads with paint, pens and collage.

From gentle colour mixing to represent moods and feelings to mindful botanical drawings with ink pens, Becki will share techniques for the attendees to explore their creativity and gain confidence in creative practices. The workshop focuses on the mindful and positive benefits of journaling and can be centred around the season or setting.

What is included:

All Materials supplied & attendees will take home their Nature Journal & guide sheets.

Notes

From costs: 2 hour workshop for up to 10 £1,350.00

2 hour workshop up to 20 £1,500.00

4 hour workshop up to 10 £1,800.00

4 hour workshop up to 20 £1,950.00

Activity Duration: 2 hours – 4 hours (indoors)

Guest Numbers: Up to 20 people

Our requirements:

Room with large table and chairs to accommodate group



FLOWER ARRANGING

Make nature look its best with these inspiring and vibrant workshops. Using fresh seasonal flowers and foliage from London's finest flower markets, you will be encouraged to create a masterpiece using skills and styles imparted by our workshop leader.

Using professional floristry tools and equipment, you will be taught wiring, use of oasis and construction of a modern quirky floral arrangement. Then it's over to you to create a unique arrangement to take home.

Our workshops can focus on flower baskets, jug arrangements and vase arrangements. Seasonal arrangements such as Christmas Wreaths, Halloween and Easter are also available.

What is included:

- All floristry equipment including scissors, wire, tape.
- Table coverings, buckets, laminated demonstration sheets.
- All flowers, foliage and vases/vestibules.
- Floral designers/workshop leaders.



Notes

Costs: 5-50 people £250.00 (event set up fee) plus £70.00 per head
51-100 people £350.00 (event set up fee) plus £70.00 per head
101-200 people £500.00 (event set up fee) plus £70.00 per head
Activity Duration: 2 hours (indoors or outdoors)
Guest Numbers: 5 –200



KOKEDAMA

MAKING

Guests create their very own kokedama - tropical plants wrapped up in a ball of soil and moss.

The Japanese word kokedama literally means 'moss ball'. This ancient Japanese art form is still popular in Japanese gardens today, as well as being the newest botanical craze to sweep the planet! Planted arrangements are growing in popularity, replacing cut flower arrangements as a more eco friendly way of decorating our homes with nature.

Hosted by our expert, guests will be given a demonstration on traditional planting and wrapping techniques and how to mix 'poor man's bonsai' soil! Guests then get their hands dirty mixing their soil, applying their moss and wrapping their plants.

Kokedama can either be displayed on an ornamental plate or strung up for added kokedama drama! We'll teach guests how to make a macrame string cradle to hang their kokedama in and guests will make various projects so they can try out different plants, techniques and display options. Not only do kokedama look stunning, but they are also wonderfully low maintenance! We'll give advice on how to care for them so that even the self-confessed plant killers can get theirs to thrive!

At the end of the activity, guests will take home their unique plant arrangements to give as gifts, or bring a bit of nature indoors.

Benefits: Connecting with nature, creativity, eco-awareness, learning new skills, mindfulness, morale boost, relaxation, self-expression, sense of achievement, shared experience, social interaction, stress relief, team bonding, wellbeing and fun!

What is included: Event hosts, instructors, all materials, tools, equipment, selection of house plants, gloves, aprons, table covers, bags to take projects home and aftercare information sheets.

Notes

Costs: £895.00 set up fee plus £41.00 per head

Guests numbers: 10 – 100 people

Activity duration: 1.0 – 1.5 hours

Our requirements: Tables with chairs for guests and 3 x 6ft x 2ft trestle tables for our equipment





WILLOW BIRD FEEDER MAKING

Guests learn the artisan craft of willow weaving and make a natural bird feeder.

Basket weaving has long been regarded as a wonderfully mindful and relaxing pastime. In this fun and practical workshop, we'll teach guests traditional basketry techniques and how to make a hanging energy ball holder for our feathered friends!

Hosted by our expert, guests will be guided through each step from making their own template, learning different basket weaving techniques and adding a handle.

At the end of the activity guests will take home a beautiful, natural, hand made bird feeder that they can place in their garden, or outdoor surroundings for their own 'Springwatch', or give as a gift.

Benefits: Connecting with nature, creativity, eco-awareness, learning new skills, mindfulness, morale boost, relaxation, self-expression, sense of achievement, shared experience, social interaction, stress relief, team bonding, wellbeing and fun!

What is included: Event host, instructors, all materials, tools, equipment and bags to take projects home.

Notes

Costs: £855.00 (event set up fee) + £38.00 per head

Guests Numbers: 10 – 50 people

Activity Duration: 1.5 – 2.0 hours

Our requirements: Tables with chairs for guests and 3 x 6ft x 2ft trestle tables for our equipment





Fitness and Wellbeing



Crystal Sound Therapy

This workshop delivers a bespoke landscape of sound to calm, soothe and bring stillness. From this expansive space, the sounds, tones and frequencies created, offer the mind and body a different sonic perspective to explore issues from new points of view, uncovering solutions that may have been overlooked. Participants lie back and are transported through a relaxing meditative experience.

In its most basic application, Crystal Sound Therapy provides an individual with the mental space to re-group, de-stress, calm anxious thoughts and quiet internal chatter. For some it lays the groundwork for self-realisation and self-actualisation.

The instrument for this therapeutic sound practice is crystal singing bowls; Alchemy bowls (which are made from quartz with gemstones, crystals or precious metals such as gold, platinum added), or pure quartz 'Classic Frosted' bowls, as well as other quartz instruments.

What is included:

Mats, cushions and blankets for participants to lie comfortably and all musical equipment.

Notes

From costs: 2 hour workshop up to 20 £1,650.00

Activity Duration: 2 hours (indoors)

Guest Numbers: Up to 20 people

Our requirements:

- Room with clear and clean open space for participants to lie comfortably.
- Recommended space 2sqm pp.
- Peaceful area without background noise.
- Wear comfortable clothing.
- It is advisable not to have a heavy meal or alcohol beforehand.





Yoga is an ancient and complex practice, rooted in Indian philosophy. It began as a spiritual practice but has become popular as a way of promoting physical and mental well-being.

Studies have suggested possible benefits of yoga for several aspects of wellness, including stress management, mental/emotional health, promoting healthy eating/activity habits, sleep, and balance.

This class is designed for groups of all levels. It moves through a series of Yoga poses or postures that without a doubt can improve flexibility and well-being. In addition, relaxation, meditation and breathing practices will bring you back to balance within your body and mind – to help dissolve disease in the system at every level.

What is included:

Mats and instructor

Notes

From costs: 1- 2 hour workshop up to 25 £1,875.00

Activity Duration: 1 hour – 2 hours

Guest Numbers: Up to 25 people

Our requirements:

- Outdoor or indoor space suitable for the size of the group (recommended 2sqm pp)
- Water for participants.
- Wear comfortable clothing.
- It is advisable not to have a heavy meal or alcohol beforehand.





GROUP FUN FITNESS

Training outdoors can be considered as nature's own stress buster, helping us combat depression, stress and anxiety to name a few benefits. The session will focus on improving strength, flexibility and 'aerobic ability', which means your ability to breath air in and use oxygen for useful work by the body. Looking at all aspects of fitness such as strength, endurance, flexibility, agility, coordination, balance and very importantly social and mental fitness too – being fit to sustain life's ups and downs and still have some energy to spare.

We can provide a range of fitness provision for any event that takes place outdoors. The provision can cater for all age & ability groups and can include outdoor fitness circuit, fitness challenges, team competitions, fitness testing, fun games & wellness.

There are so many advantages of training outside:

Boosts energy levels

Alleviates stress

Connects us with nature and more importantly ourselves

Maintains vitamin D levels

Facilitates breath awareness

Helps sharpen the senses

Life generally forces us indoors, but why sweat it out inside gym to become healthier and fitter, when the great outdoors can offer so much more!

What is included:

All fitness equipment and instructor

Notes

From costs: 1 - 2 hour workshop up to 25 £1,875.00

Activity Duration: 1 hour – 2 hours (outdoors)

Guest Numbers: Up to 25 people

Our requirements:

- Outdoor space suitable for the size of the group
- Water for participants.
- Wear comfortable clothing.
- It is advisable not to have a heavy meal or alcohol beforehand.





GONG SOUND BATH SESSION

Documented and practiced in ancient civilisations, tribes and clinics around the world, for over 40,000 years, sound is one of the oldest and most natural forms of relaxation and healing.

In recent years, sound therapy has undergone a period of re-discovery. As research and experience reveal the intricacies and benefits of sound healing, at both cellular and psychological levels, it's fast regaining its place as a distinguished, natural healing modality.

Gongs, in particular, with their wide range of frequencies, tones and harmonies, are one of the most powerful healing instruments. This experience is a time to R&R. Relax. Reflect. Reconnect. Replenish. Lie down, wrap yourself in a blanket, and be cocooned in soothing sounds and vibrations.

BENEFITS OF 'GONG BATHS'

- Create a state of deep relaxation, to calm the mind and release tension
- Decrease stress and anxiety levels
- Improve sleep
- Increase clarity of mind, awareness and insight
- Re-harmonise, physically and mentally
- Reactivate dis-eased cells and parts of the body
- Stimulate quicker recovery from illnesses, wounds, and invasive medical treatments
- Enhance concentration and creativity
- Remove blocks and toxins
- Improve sense of hearing
- Awaken higher states of consciousness, and a deeper connection with your true self

What is included:

Mats, cushions and blankets for each guest

Notes

From costs: 2 hour workshop up to 20 £1,650.00

Activity Duration: 2 hours (indoors)

Guest Numbers: Up to 20 people

Our requirements:

- Room with clear and clean open space for participants to lie comfortably. Recommended space 2sqm pp.
- Peaceful area without background noise.

FRESH & FUNKY TAI CHI

Tai Chi was developed in China over two thousand years ago. Based on the idea that the balance of Yin and Yang can lead to the highest levels of success and achievement, Tai Chi originally influenced every aspect of Chinese life, from medicine, science and economics to philosophy, music, calligraphy, cooking, literature and – most importantly – human relationships.

The most visible aspect of Tai Chi is the free-flowing movement of the Tai Chi Chuan Form. Believed to be one of the oldest martial arts, it teaches students to seek stillness in motion, and its slow gentleness disguises great power.

What will Tai Chi Chuan do for me?

Developed to foster calmness of breath and physical and mental co-ordination, Tai Chi Chuan will, over time, provide students with strength, suppleness, stamina, confidence and a general feeling of well-being and peace. Although slow and meditative, it can also be used as a devastatingly effective form of self-defence. In addition, it encourages the cultivation of Chi, the internal energy that helps ward off illness, promote good health and prolong life.

This low impact workshop, whilst it seems easy and effortless, can be very detailed and intricate to study. It combines graceful manoeuvres, that focus on good posture, technique and breathing. It's suitable for anyone, any age, any fitness level.

Notes

From costs: 2 hour workshop for up to 200 £1,575.00

Activity Duration: 1 hour – 2 hours

Guest Numbers: Up to 200 people

Our requirements:

- Room or outdoor space with clear and clean open area space for participants to stand and move freely. No specialist equipment is required.
- A pa system and microphone is required for groups of 50+. Firebird Events are able to provide this POA
- Peaceful space without background noise ideal.



Why Firebird Events?

- Our fantastic team are creative, knowledgeable, experienced, friendly and fun. Thanks to our drive, dedication and attention to detail, we will deliver you an unforgettable event experience.
- We listen. We can provide you with great ideas, bespoke solutions and reliable service, helping you to create an event which suits *your* needs and objectives.
- Well established within the industry since 2000, our reputation and fantastic relationships have enabled us to work with an array of clients, including many large corporations and top UK venues, time and time again.
- We can provide everything from a single activity, to an entirely produced event, providing first class team building days and corporate events.
- Our hard work has been recognised within the event industry, winning awards in the category of “Best Event Provider” at the M&IT industry awards – silver in 2018, bronze in 2019 and silver in 2020.
- Firebird Events are covered by a minimum of £1 million Public Liability Insurance.

Notes

- All prices are subject to VAT at the current rate.
- All prices are subject to availability.
- Prices may be subject to change.
- All prices where an event set up fee is stated are subject to the relevant per head fee on top.
- Some services or items may be subject to minimum order fee.
- Prices may be subject to travel and accommodation charges.
- Full payment will be due 30 days prior to event date (unless a credit account has been agreed in advance).
- Soft or hot drinks (weather dependent) should be provided for our team throughout the duration of the event.
- Depending on length of the event, hot food may be required for the team.

Copyright

This document is the property of Firebird Events Ltd. It includes information, advice, recommendations and prices that are of a strictly confidential nature. Therefore the document is tendered on the express understanding that its contents are copyright and that the ideas and recommendations expressed in it are, and remain, the intellectual property of Firebird Events Ltd. It should be understood that no information contained in this document should be divulged to any third party without our prior written consent. In instances where a breach of this copyright is brought to our attention, please be advised that it is company policy to take necessary actions to protect our intellectual property in the event of imitation or any other such use of the content of this and similar documents.