

Team Builder Wellness at WinSport

Dedicate time for team your team to practice mindfulness, relaxation, and revitalization. Begin your day with a relaxing yoga class or meditation session with a wellness expert to promote calm and mindfulness or try a more challenging workout to energize and strengthen.

After a tea and coffee break, join an engaging presentation and workshop on enhancing focus, productivity, wellness and balance with a performance and mindset leader.

Finish off your wellness experience with a nutritious meal customized by our catering team.

Book Now:

salesinfo@winsport.ca

403-247-5607

winsport.ca/events

