

Be Creative, Be Well

CREATIVE CORPORATE WELLNESS RETREATS

By Fresh Paint Studio

Package Inclusions and Pricing Options

Creative Corporate Wellness Packages can be customized to meet your team's needs. Our packages include a mindful movement and meditation experience, a creative experience as well as an opportunity to enjoy food platters and non-alcoholic beverage offerings. Following the retreat, team members will receive access to a short creative wellness video. You will also have the option to upgrade their packages to include take home creative wellness toolkits.

SESSION OVERVIEW

Each package includes a 1-2 hour session that can be done in the morning, early afternoon or during a one-hour 'Lunch & Learn' time slot in the day. The creative activity will be guided by Fresh Paint Studio team members and the mindful meditation and movement session will be led by a mindfulness, meditation and movement coach.

**Evening sessions (after 4pm) can also be booked with customized pricing.*

TWO-HOUR SESSION

Welcome & Refreshments | 20 min.
Element Jar Personalization & Reflection | 10 min.B
Mindful Meditation and Movement | 15 min.B
Creative Activity | 60 min.
Post Activity Reflection & Wrap Up | 10 min.

Total Session Time: 2 hours

LUNCH & LEARN OPTION

Welcome & Refreshments | 10 min.B
Mindful Meditation and Movement | 10 min.B
Creative Activity | 30 min.
Post Activity Reflection & Wrap Up | 5 min.

Total Session Time: 1 hour

PACKAGE I

Full Comprehensive Creative Wellness Experience

INCLUSIONS

- refreshments
- creativity & mindful meditation session
- post-retreat video with daily creativity & wellness activities

Refreshment Options**

Breakfast (morning sessions):

- Assorted Pastries, Muffins, Fruit Platters, Coffee, Tea & Juices, Sparkling Teas and Water

Lunch (mid-day sessions):

- Assorted Savory Wraps & Sandwiches, Fruit Platters, Coffee, Tea & Juices

***All dietary restrictions will be accommodated.*

***Food options may vary depending on the time of the session.*

PRICING*

(for in-studio session at Fresh Paint Studio)

15 - 25 Team Members:

- **2-hr Session:** \$1,500+HST - \$2,400+HST
- **1-hr Session:** \$1,350+HST - \$2,100+HST

26 - 30 Team Members:

- **2-hr Session:** \$2,350+HST - \$2,850+HST
- **1-hr Session:** \$2,050+HST - \$2,300+HST

PACKAGE II

Refresh and Recharge Creative Wellness Experience

INCLUSIONS

- non-alcoholic beverages only
- creativity & mindful meditation session

Refreshment Options**

Breakfast (morning sessions):

- Coffee, Tea & Juices, Sparkling Teas and Water

Lunch (mid-day sessions):

- Coffee, Tea & Juices

***All dietary restrictions will be accommodated.*

PRICING*

(for in-studio session at Fresh Paint Studio)

15 - 25 Team Members:

- **2-hr Session:** \$1,150+HST - \$1,800+HST
- **1-hr Session:** \$1,050+HST - \$1,650+HST

26 - 30 Team Members:

- **2-hr Session:** \$1,785+HST - \$1,995+HST
- **1-hr Session:** \$1,600+HST - \$1,800+HST

**NOTE: Venue rental fees will apply for events conducted outside of Fresh Paint Studio.*

**Contact us for customized packages for teams with more than 30 participants.*

**Contact us for customized offsite packages for offsite venues and venues outside of Toronto.*



Client Testimonial

"On behalf of my peers, I would like to thank Fresh Paint Studio for hosting the event and guiding us on this beautiful and fun experience that you and your team had prepared. To give in to our emotions that we were feeling that day and unwinding together was truly a great way to bond as a team. We hope that this continues for your team and helps other corporate teams experience the same feeling/experience we had." - **Aizel Tibayan, Multiplex**

Book Your Creative Wellness Retreat Today!

To learn more about a Creative Corporate Wellness Retreat or request a quote, contact us at info@freshpaintstudio.ca or call **647-927-0764**.

