

For companies  
looking to invest in  
their staff.

CORPORATE HEALTH, WELL-BEING  
& TEAM BUILDING PROGRAMMES



**THE GREEN MILE**  
HEALTH & WELL-BEING  
CARDIFF

## THE GREEN MILE CORPORATE WELLNESS PROGRAMS

At a time when organisations are finding it more challenging than ever to attract and retain talent, THE GREEN MILE fitness and well-being facility offers corporate team building and wellness programmes to help businesses boost the employee experience.

The Green Mile hosts both indoor and outdoor, team-building sessions and wellbeing classes across its 110 acre venue, We are currently working closely with many local and national business including the local NHS trusts to promote the importance of employee care.



# TEAM BUILDING DAYS

We offer mix of activities including -

- Yoga & mobility classes.
- Leadership & Team building.
- Foraging.
- Breath work & Mindfulness classes
- Cold water therapy
- Skills & Confidence Classes.
- Fitness classes
- Guest speakers & Talks.
- Meeting room with a view.
- and more.....



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# OFF-SITE MEETING SPACE

Hold your meeting in the most creative meeting space in the country. Our beautiful 'Mountain View' glass fronted studio overlooks the famous Garth mountain.

- Teas, coffees, and healthy snacks provided.
- Hot/Cold lunch buffet if required. (optional)
- Regular Monthly hire



The Green Mile programmes focus on corporate wellbeing, health, and fitness, and are designed to help businesses better meet the needs of their employees. Organisations may choose to use the Venue for team building exercises, and as drivers of improved communication and collaboration.

Businesses can also make use of the private, serene location to hold off-site meetings, giving employees the chance to participate in leadership programs, yoga, outdoor circuits, nature walks, breathing exercises, confidence classes and much more.....



# FITNESS CLASSES

We offer many fitness based group sessions to promote the importance of general fitness in the workplace.

One being our Outdoor circuits class which is perfect for team bonding and cohesion. Its based on our epic 1k trail run with numerous workout stations along the way, work at your own pace and fitness levels whilst being lead by professional fitness instructors.



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# LEADERSHIP

Taken by ex military Veterans and Leaders with experience in building, training and leading high-performance winning teams.

THE GREEN MILE applies unmatched leadership experiences in the most dynamic and complex environments to help our clients solve problems, overcome obstacles, and win.



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# YOGA & FLEXIBILITY CLASSES

Based in our MOUNTAIN YOGA studio, We guide your team through a basic yoga class, teaching the importance of stretching and mobility to improve happiness, lifestyle and work ethics.

Switch off and enjoy a fun and flowing Vinyasa style yoga class designed for all abilities. You'll all be levitating out of here at the end!





# BREATH WORK CLASSES

Stunning nature walk to our waterfall platforms, where you will learn Wim Hoff style Breath techniques, such as how to control your heart rate through breathing, optimise your temperature using only your breath and much more.

Optional cold water therapy in our natural plunge pool.



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# SKILLS AND CONFIDENCE CLASSES

One of our many skills and confidence classes is learning the lost art of rope climbing on our spectacular outdoor rope frame situated on the welsh mountain side behind the yoga studio. Learn incredible new skills as a team, you'll be amazed at what you can do!

Taught by ex-military instructors, you are in safe hands! Climb as high or low as your new skills allow.



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# WELLNESS RETREATS

Reward your staff for their hard work. Let THE GREEN MILE give your team an experience they will talk about for years to come.

1/2 day retreats up to 3 day retreats with accommodation at the 4\* Village hotel, only one mile from our site.

- 1/2 day to 3 day packages available
- Creative meeting space with stunning 360 Mountain Views.



  
**MOUNTAIN YOGA**  
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Also Available -

## **STAFF WELL-BEING MEMBERSHIPS & PERKS**

- Membership to Mountain Yoga and other fitness facilities.
- Use of our extensive daily class schedule and workshops.
- Available as Gift vouchers for staff or clients.
- Allows staff to use our facilities out of work hours.

**1/2 day packages starting from £75 per person.  
Full Day packages from £140 per person**

Take the next step and speak to us to see what your day would look like.

We are conveniently based just off the A470 nr Taffs well, 5 mins from the M4 J32.

## **GET IN TOUCH**

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