

Calm, Connect & Create



Corporate Wellness Workshops at A-Listers

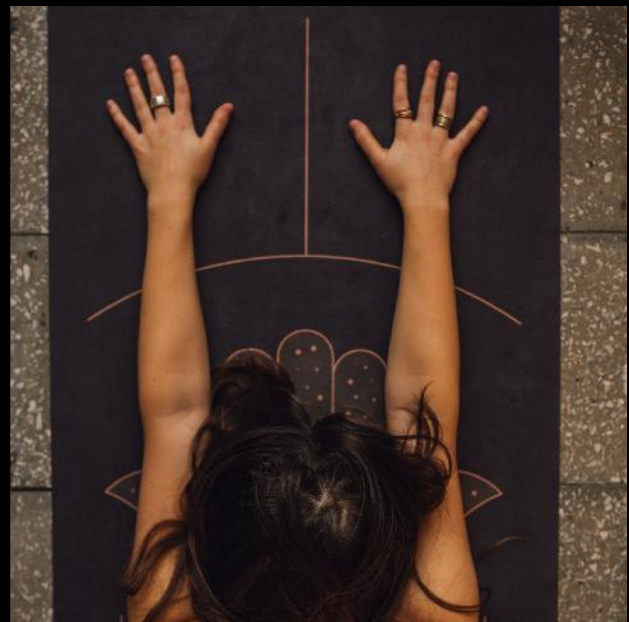
Ipswich Marina



Workplace Wellbeing

A wise man once said, “A happy employee is a productive employee”.

At A-Listers, we understand that a thriving business requires a well-fueled team. That's why we offer wellness weekday workshops designed to boost positivity and productivity in your workplace. Set in a serene location with views of the Ipswich marina, these workshops cater to your unique business needs, strengthening connections and instilling a sense of calm among your team. From yoga and breathwork to healthy brunch options and spaces for interaction and creativity, our comprehensive packages provide the perfect solution for your business.





Step away from your desk and.....

Breathe! Exercise improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function.

info.aurora@a-listers.co.uk | 01473 857027



Morning Brunch from **£9.99pp**

Yoga or Pilates workshop from **£15pp**

Offering bespoke packages from Monday to Friday, we're dedicated to meeting your business requirements and fostering the mental well-being of your staff. Resulting in a dedicated, energized team.

Contact us today for your free quotation.

Best regards,
The A-Team