

# TEAM BUILDING ACTIVITIES

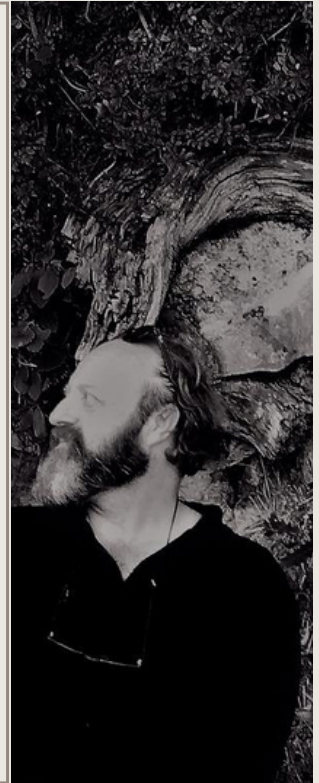
BOOZY

## BESPOKE WINE TASTING WITH STAN

STANLEY PARK HAS A WEALTH OF EXPERIENCE IN THE WINE WORLD SPANNING 40 YEARS; HE CAN HOST WINE TASTINGS AT ALL LEVELS FROM BEGINNER TO EXPERT, AS INFORMALLY OR FORMALLY AS YOU WANT. TASTINGS DRAW ON HIS EXPERIENCES DEALING THE PRODUCERS FROM ALL OVER THE WORLD AND TASTINGS CAN BE GENERAL AND GLOBAL OR CAN DEAL WITH SPECIFIC SUBJECTS, AS YOU WISH. HE IS NOT SHY OF CONTENTIOUS ARGUMENTS EITHER.

THE TASTINGS ARE BESPOKE, AND COSTS VARY DEPENDING ON THE LEVEL OF WINES TO BE SHOWN, THE NUMBER OF GUESTS AND WHETHER OR NOT FOOD INGREDIENTS ARE REQUIRED BUT WHETHER YOU AND YOUR GUESTS KNOW A GREAT DEAL ABOUT WINE OR SIMPLY WANT AN ENJOYABLE TIME AND LEARN A LITTLE TOO, THESE WILL BE MEMORABLE TASTINGS EITHER AS STANDALONE OCCASIONS OR AS PART OF A DAY OF MIXED EVENTS.

[WWW.MILTONSANDFORDWINES.COM](http://WWW.MILTONSANDFORDWINES.COM)  
[STAN.PARK@MILTONSANDFORDWINES.COM](mailto:STAN.PARK@MILTONSANDFORDWINES.COM)



## GIN MASTERCLASS WITH NELLI

OLD AMERSHAM GIN IS A FEMALE-LED START UP GIN BRAND BASED AT THE KINGS ARMS HOTEL IN OLD AMERSHAM. FOUNDERS, NELLI AND HER LATE FATHER DAVID, BEGAN CREATING THEIR GIN BY INFUSING BOTANICALS THEY HAD FORAGED FOR AROUND AMERSHAM. NOW, THEY HAVE DEVELOPED THEIR BRAND AND THEIR RECIPES FOR THREE PRODUCTS - A LONDON DRY, RHUBARB AND ELDERFLOWER AND GRAPEFRUIT, LEMON AND THYME. WE CAN'T WAIT FOR YOU TO TRY IT!

[OLDAMERSHAMGIN.COM](http://OLDAMERSHAMGIN.COM)  
+44 7877 219138  
[DANIELLA@OLDAMERSHAMGIN.COM](mailto:DANIELLA@OLDAMERSHAMGIN.COM)  
[@OLDAMERSHAMGIN](https://www.instagram.com/OLDAMERSHAMGIN)



# TEAM BUILDING ACTIVITIES

WHOLESOME

## CREATIVE FLORAL WORKSHOP WITH ASH

THE NAGUNDO TREE SPECIALISES IN WILD AND DRAMATIC FLORAL DESIGNS FOR EVENTS AND WEDDINGS. BY CREATING FLOWERS WHICH ARE STRICTLY SEASONAL AND WITH ONLY SUSTAINABLE MECHANICS, WE TREAD CAREFULLY ON MOTHER EARTH WHICH OFFERS US THE INSPIRATION TO CREATE OUR ART. THROUGH WORKSHOPS AND DEMONSTRATIONS, ASH WILL GUIDE YOU IN CREATING NATURE LED DESIGNS INCLUDING TABLESCAPES, HEADRESSES AND INSTALLATIONS. THESE CAN BE CREATED INDIVIDUALLY OR AS A TEAM, WITH EACH PARTICIPANT TAKING HOME THE SKILLS AND KNOWLEDGE TO CREATE SUSTAINABLE ARRANGEMENTS WITH SOLELY ENGLISH INGREDIENTS. GET IN TOUCH TO DISCUSS YOUR BESPOKE WORKSHOP!

WWW.THENAGUNDOTREE.CO.UK  
STUDIO@THENAGUNDOTREE.CO.UK  
+44 7845 605518  
@THENAGUNDOTREE



## YOGA CLASS WITH ELLIE

ELLIE OFFERS YOGA, QIGONG AND MEDITATION SESSIONS (OF VARYING LENGTH) TO A CORPORATE AUDIENCE. ACTIVITIES ARE ALWAYS TAILORED TO THE NEEDS OF THE INDIVIDUAL CLIENT. MY FOCUS IS ON BOTH MENTAL AND PHYSICAL WELLBEING. DURING THE SESSIONS, I PROVIDE SIMPLE TECHNIQUES WHICH CAN BE USED AT WORK AND AT HOME, LEAVING LASTING TOOLS THAT CAN BE USED LATER ON FOR CONTINUED BENEFITS.

ELLIEDENMAN.YOGA  
+44 7855 312033  
ELLIE@ELLIEDENMAN.YOGA



# TEAM BUILDING ACTIVITIES

## FITNESS BOOTCAMP WITH CHARLIE

AT FFS FITNESS SESSIONS WE HAVE A LAUGH TOGETHER WHILE TRAINING, BUT MOST IMPORTANTLY MAKING SURE WE PROGRESS TOWARDS GETTING FITTER FASTER & STRONGER. FFS WILL HELP AND GIVE GUIDANCE SO WE CAN IMPROVE YOUR LIFESTYLE AND HOPEFULLY REACH WHATEVER YOU'RE TRYING TO ACHIEVE! THIS ALSO MAKES IT A NICE SOCIAL ATMOSPHERE, SO YOU CAN CHAT TO OTHERS DURING THE SESSION OR KEEP TO YOURSELF! NO ONE IS EXPECTED TO KEEP UP WITH ANYONE, EVERYONE WORKS TO THEIR OWN ABILITY! WHICH MEANS WE CAN CATER TO ALL FITNESS LEVELS.

WWW.FFSFITNESS.CO.UK  
+44 7941 499001  
CHARLIE@FFSFITNESS.CO.UK



## EDUCATIONAL

## LOCAL GUIDED TOUR WITH AMERSHAM MUSEUM

THE MUSEUM WELCOMES PRE-ARRANGED VISITS BY GROUPS OUTSIDE NORMAL MUSEUM OPENING HOURS, DURING THE DAY OR IN THE EVENING. AN INTRODUCTORY TALK, EITHER BEFORE THE VISIT OR WHEN YOU ARRIVE AT THE MUSEUM, CAN USUALLY BE ARRANGED IF REQUESTED. GUIDED WALKS OF AMERSHAM ARE AVAILABLE.

+44 1494 723700  
BRIONY.HUDSON@AMERSHAMMUSEUM.ORG

