

## Workplace Wellness.

Put your team's wellness first by booking your next corporate event at The Lensbury.





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Book your next meeting or event at The Lensbury and take time to boost morale, increase productivity and focus on your wellness. Choose one of our complimentary activities and focus on your teams wellness...



15 minute mindfulness session



20 minute guided riverside walk



30 minute express Yen Yoga & Meditation



Mid-afternoon power boost smoothie

As little as 15 minutes spent focussing on wellness and wellbeing throughout the working day has been proven to increase productivity, so why not give it a try with us this February and March?

Minimum of 16 delegates on a day delegate or 24hr delegate rate for events taking place in February or March 2022. complimentary activity must be mentioned and confirmed at time of booking.

The Lensbury, Broom Road, Teddington, TW11 9NU