

## Here's what a co-being opportunity could look like

7.30 am	Yoga and Meditation session
9.00 am	Work flow
12.00 pm	Wild swimming
1.00 pm	Local lunch
2.00 pm	Work flow
5.00 pm	Music coaching session
7.30 pm	Woodcraft workshop



### Yoga

Ease your way into the working day with some gentle yoga, suitable for novices and experienced practitioners alike.



### Meditation

An opportunity to go deep within and find a moment of silence before letting the working world in.



### Guided walks

Escape your desk and screen for a lunchtime walk in the hills, woods and beaches of Bute, accompanied by a knowledgeable local guide



### Wild swimming

Don't expect Mediterranean temperatures, but the cold salt water surrounding Bute gives a turbo-charge to the senses and your immune system.



### Art classes

Tap into your inner artist and creative spirit and discover how the metaphors of art are so relevant to the innovation agenda of business.



### Woodcraft

Shift your creativity from your head into your hands as you learn to create in wood with coaching from a commodities trader turned master joiner.



### Music/voice coaching

Whether experienced or a novice, find your voice and how to project it through individual singing classes, or collaboratively within a choir context.