



Team Wellness days
with Breathing Space Studio
+ Second Home Cafe

Find what you're looking for:

3 - About Breathing Space + Second Home

4 - What is a wellness day?

5 - Build your wellness day

10 - Contact details

Breathing Space Studio

Founded in 2022 by Laura Watt, Breathing Space Studio is a wellness studio with connection and community at its heart. We take pride in providing an unpretentious space for like minded folk to come together over what they love.

Breathing Space has a variety of weekly classes, including yoga, pilates, meditation and sound healing, as well as monthly community gatherings.

Everything at Breathing Space Studio is done with connection at its core. We want people to feel that they belong somewhere, that they're part of something, even if it's just once a week for an hour during a yoga class!

Second Home Studio + Cafe

Second Home Studio + Cafe is a not for profit organisation that focuses on making art more accessible. Our mission is to empower and expand the creative community. We do this by providing free to use art materials in the cafe, and running monthly art classes which are as affordable as possible while ensuring our local creative tutors get paid fairly.

Since opening in 2020, we've hosted over 200 classes and events with over 2000 participants. We've generated over £42,000 in income to our local creative community through a mixture of classes, retail and exhibitions.

Although art is our main reason for being here, we're all about providing the best brunch, lunch and speciality coffee in the city!



What is a wellness day + why should I host one?

A team wellness day is an event within the company where the focus is on the health and well-being of employees. These days typically involve a variety of activities aimed at improving physical, mental, and emotional wellness. Activities may include yoga or fitness classes, mindfulness sessions, nutritional workshops, team-building exercises, and more. Corporate wellness days are becoming increasingly popular as organisations recognise the importance of investing in their employees' health and happiness, which can lead to higher productivity, lower absenteeism, and better employee retention.

While "most analyses of workplace wellness programs focus on hard-dollar returns - Often overlooked is the potential to strengthen an organisation's culture and to build employee pride, trust, and commitment. The inherent nature of workplace wellness—a partnership between employee and employer—requires trust. Because personal health is such an intimate issue, investment in wellness can, when executed appropriately, create deep bonds."

Harvard Business Review

{<https://hbr.org/2010/12whats-the-hard-return-on-employee-wellness-programs>}

Build your perfect wellness day - practices

The team at Breathing Space Studio have a variety of services available for team wellness days. You can pick + choose your services to build your perfect team wellness day. Investment for these practices are between £100 and £300 depending on the teacher and their practice. Enquire for more details.

Yoga

Yoga is a holistic system of physical and mental practices that originated in ancient India. It encompasses a wide range of techniques and philosophies aimed at promoting overall health and well-being. The word "yoga" itself means "union" or "connection," referring to the integration of body, mind, and spirit. Breathing Space are pleased to be able to offer a mix of yoga styles including vinyassa, hatha, and restorative yoga from our wonderful team of instructors.

Pilates

Pilates is a system of exercise which focuses on strengthening muscles while improving postural alignment and flexibility. Pilates exercises target the core muscles, including the abdomen, lower back, hips, and buttocks, but also work the entire body.

Meditation

Meditation is a practice of cultivating mindfulness and inner peace through focused attention. By quieting the mind and observing sensations and breath, individuals aim to achieve a state of mental clarity, emotional balance, and heightened awareness of the present moment. The overarching goal is to promote overall well-being, reduce stress, and enhance self-awareness.

Sound bath

A sound bath is a meditative experience where participants are immersed in various sounds and vibrations produced by instruments such as singing bowls, gongs, chimes, and drums. As participants lie comfortably, they are encouraged to relax and let the sound waves wash over them, creating a deeply calming and therapeutic effect.

Build your perfect wellness day - food

Second Home Studio + Cafe are happy to provide catering for your wellness day. We can provide nourishing meals to suit a range of dietary requirements and tastes.

Breakfast

Our Brunch Boards are a popular choice for pre or post yoga class nourishment. Brunch Boards include a mix of pastries, fruits, toasts, bacon or facon and smashed avocado. {£ 12pp}

Lunch

Our Buddha Bowls are a healthy way of sustaining energy levels throughout the day. Featuring a base of leafy greens and grains, our buddha bowls can be customised with a mix of chicken, salmon or tofu, a mix of vegetables and accompanying dips such as poke or ponzu depending on tastes. {£ 11pp}

Cake / Teas + Coffees

Looking to add something little? Why not choose just a wee cuppa and a cake to add to your wellness day? Keeping well isn't all about physical health, sometimes it's about allowing yourself a wee treat to keep your soul happy too {£7pp for a hot drink + cake}



Build your perfect wellness day - creativity

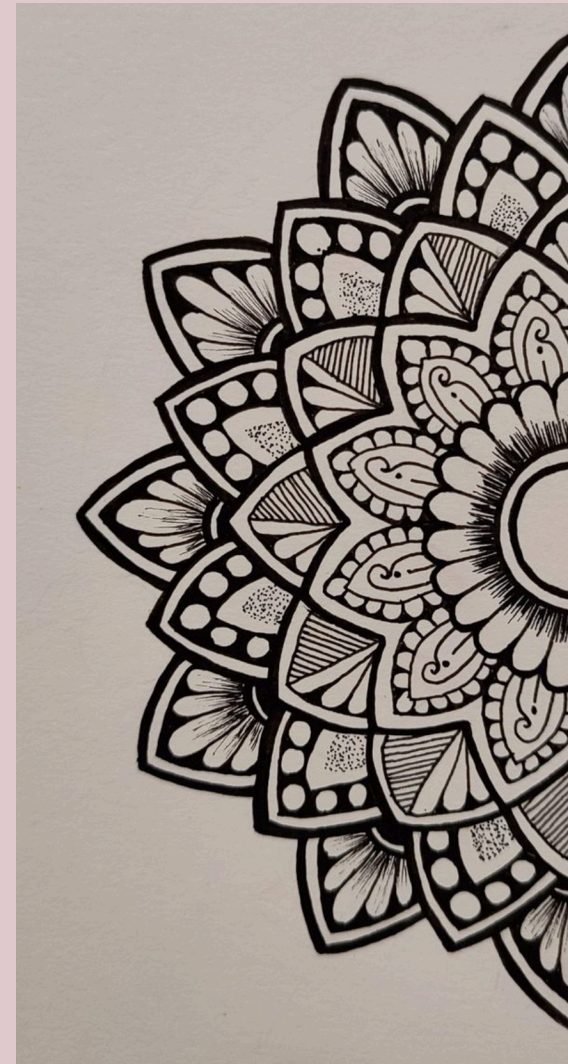
The team at Second Home Studio + Cafe have a variety of services available for team wellness days. You can pick + choose your services to build your perfect team wellness day.

Creative Practices

Creative activities provide an outlet for self-expression, allowing individuals to process and externalise their thoughts and experiences in a constructive way. This can help reduce stress and anxiety. The process of creating something new can foster a sense of accomplishment and self-confidence, boosting self-esteem and overall mood.

Immersing oneself in a creative activity often induces a state of flow, where one becomes fully absorbed and focused on the task at hand, leading to a sense of timelessness and heightened concentration, which can be deeply rewarding and rejuvenating.

Second Home work with a wide variety of tutors so we can provide almost any creative activity. As a guide, we can offer meditative drawing such as Mandala Sketching or Zentangle, painting classes to suit all levels, or fibre arts such as embroidery, knitting, or weaving.



Build your perfect wellness day - packages

You can pick + choose from our extensive services to build your perfect team wellness day.

Physical Practices | Vinyassa Flow Yoga / Hatha Yoga / Restorative Yoga / Pilates

Mental Wellness | Guided Meditation / Sound bath

Nourishment | Brunch Board / Buddha Bowls / Coffee + Cake

Mindful Creativity | Weaving, Knitting or Embroidery / Meditative Sketching or Painting

Build your perfect wellness day - example packages

As an example, your day might look a little something like this:

Mind / Body / Spirit :

- 10am - Energising Vinyassa Flow with Laura
- 11am - Meditation
- 11:30am - Journalling + Mandala Sketching
- 12pm - Nourishing Buddha Bowls are sent up to the studio, followed by coffee + cake
- 1pm - Continue Mandala Sketching
- 2:30pm - Guests are sent home feeling rested and rejuvenated with a wee cup of tea.

The Evening One:

- 6pm - Guests are welcomed to Second Home with a mocktail or juice shot
- 6:30pm - Nourishing Dinner is served
- 8pm - Meditation
- 8:30pm - Yoga Nidra with Laura
- 9:30pm - Guests are sent home feeling rested and rejuvenated with a wee cup of tea.

Wellness Morning :

- 8am - Meditation + Intention Setting
- 8:30am - Hatha Yoga at Breathing Space
- 9:30am - Brunch Boards at Second Home
- 11am - Painting Class at Second Home
- 12:30pm - Guests are invited to finish with gratitude journalling over a cuppa

Creative + Fun Evening:

- 6pm - Guests are welcomed to Second Home with a mocktail
- 6:30pm - Fun beginner-friendly Painting Class
- 8pm - Meditation
- 8:30pm - Partner Yoga with Laura
- 9:30pm - Home time!

Ready to build your perfect team wellness day?

Email laura.s.watt@gmail.com or hello@secondhomeaberdeen.com

We'll need the following details:

date / time of event

approximate numbers

your name + number

which services you'd like to book

We'll get back to you as soon as possible.