

Ready to Recharge Your Team?



Book a Recharge Break

Breaks can be from 10 - 45 minutes and vary in content. If possible, please provide a 4 business day lead time. Scan the QR code or [click the link](#) to register.



What People Are Saying:

"The activity was amazing! We really loved it and we'll come back soon. Thank you for the experience."

"Exos conducted 2 team building exercises for my global (US, Mexico, India) team. They did an amazing job with content and moderating. All participants were fully engaged and learned a lot about each other."

"I really enjoyed this mornings session! It taught me some tricks to use at my desk to break up the midday slump."

What Types of Breaks Are Offered?

- *Chair Yoga - Conference room or virtual-friendly desk tension reducing stretches.**
 - *Mindful Meditation - Guided breathing, visualization, and mental exercises.**
 - *Team Building - Tasks and activities geared to improve team communication and collaboration. Or games just for fun!**
 - Yoga/Express Stretch - A total body, sweat free, instructor guided mobility session.**
 - Nutrition Decision - Tips/Q&A around fueling your body to make an impact in the game of life.**
- *These are Futureshaper Favorites!**