



MANDALA CHALLENGE!

TEAMWORK

is your ultimate competitive advantage



Activity Summary:

Mandala making also is a way to practice mindfulness, a reflective state of being aware of the present moment. Often people practice mindfulness through quiet breathing techniques, by walking or doing yoga. However, a lot of people find it very difficult to sit on a pillow and just focus on their breath. Drawing and painting mandalas is another form of mediating that is much more approachable for many people.



Duration

1 - 3 hours



Where this can be run

Physical or Virtual



Group size

20 – 500 People



Customization

Possible

Is this workshop right for my team?

Here are a few benefits that we have seen participants articulate post taking the challenge:

- Relieves and relaxes the mind and body from stress
- Helps release unexpressed emotions and makes one feel lighter.
- Helps one express themselves better - in a friendly, compassionate manner.
- Improves concentration resulting in better focus at work and in social life.
- Stimulates creativity & problem-solving ability
- Enhances and develops intuition
- Improves employee clarity and emotional well-being



Website Link:

<https://focusu.com/the-mandala-challenge/>