



TAKE CARE OF YOUR HEALTH & WELLBEING

WITH PARALLEL BLUE

Let's help banish those
lockdown blues, and inject
some health and wellbeing into
your day!

Scroll down to see a few of our
favourite zen induced activities.

IDEAS & INSPIRATION

BREAD BAKING

Learn how to make bread in a private but informal and relaxed environment. You will get to choose which bread you would like to make. Your very own baker will take you through the steps to make the bread in a fun, informal and relaxed environment. Depending on which bread you choose, the baking process will take between 3 and 6 hours. This will include lots of breaks as the bread is left to rest and then bake! Perfect for a weekend activity!

From 60 minutes (you will need time to let your bread proof before returning to zoom for a final kneed)	
Please note, a list of ingredients will be provided but no ingredients are included in the price below	
Minimum 4 people, maximum 30 people	
Up to 30 (pp)	£35.00



IT JUST MAKES SCENTS

How about a candle making workshop? During the workshop you will learn about the art of candle making, before being guided through the process of making your own 180ml natural soy candle. As you wait for your candle to set you will learn all about the therapeutic benefits of essential oils.

60 minutes	
Kit included in price: Eco-soy wax, candle container, essential oil blend of your choice, wick, wick holder and sticker.	
Minimum 8 people	
8 - 14 (pp)	£85.00
15+ (pp)	£75.00



MANIFESTING YOUR FUTURE PLANS

Do you want to understand your dreams and take the first steps to turn them into reality?

In this incredible workshop, you and your team will understand which dreams and goals you would like to manifest for the future, and be guided to create a vision board that helps represent this. You will understand the law of attraction and how to use your vision board to manifest this new reality for yourself.

60 minutes	
Minimum 8 people, maximum 30 people	
Up to 30 (pp)	£30.00



PAINTING A MASTERPIECE

You will all get the opportunity to paint your very own masterpiece. The Artist leading the event will guide you step by step through the painting process. You will all be aiming to paint the same image, but of course, everyone's canvas will be unique!

90 minutes	
Kit included in price: 1 x Canvas, 12 x Acrylic Paints, 3 x Paint Brushes, Mixing Tray	
Minimum 10 people, maximum 30 people	
Up to 30 (pp)	£65.00



VIRTUAL COOKING CLASS

Are you missing big lavish Dinner Parties? With our Virtual Cooking Class, you can cook your own dinner together and then sit down afterwards to eat and enjoy your delicious creation! Hosted by a professional chef; you provide the ingredients, they provide the expertise!



60 minutes	
Please note, a list of ingredients will be provided but no ingredients are included in the price below	
Workshop Fee	£60.00
Plus Participant Fee (pp)	£20.00

LIVE INTERACTIVE MAGIC AND MIND-READING

Magic Singh, highly respected and widely considered one of the UK's finest magical talents, will bring you a Live Interactive Magic and Mind Reading Show all in the comfort of your own home. Allow yourself to be transported through his brilliantly unique and modern style of visual magic and mindreading, which has been brought to all corners of the globe, enchanting high-profile audiences everywhere.

60 minutes	
Up to 100 people	£850.00

LIVE INTERACTIVE MUSIC QUIZ

Professional musician Tom Stone hosts this interactive live music quiz. Lots of fun live music performances, and unique musical rounds make this quiz hugely entertaining and very memorable. Play in teams using breakout rooms or individually, this is a fantastically engaging team building package.



90 minutes	
Up to 40 people	£550.00

FAMILY FORTUNES

Have bags of fun and games with this online version of Family Fortunes. This classic game works brilliantly on online platforms with family, friends and colleagues hosted by one of our fabulous entertainers! Let's see what our survey says!

90 minutes	
Up to 20 people	£550.00



TASKMASTER ONLINE

Hilarious tasks, silly games, and tonnes of fun - this online version of Taskmaster is perfect for icebreaking, team building and general hilarity! Hosted by the charismatic Taskmaster Tom Stone, you can be sure of a fun-filled session with interactive voting to decide on the winners for each task.

90 minutes	
Up to 40 people	£550.00



PERSONAL TRAINING

Whether you just want a good sweaty workout, learn how to get stronger, more flexible, healthier or even learn how to do a headstand, there are endless options for a fantastic workout. Ultimately you will learn movements that you can easily practice from the comfort of your home and repeat in your spare time!
40 minutes.
Minimum 8 people.



MEDITATION

It is such a joy to practice Meditation with your friends, family or colleagues. In this session, bring awareness to yourself and the people in your life and direct positive energy and thoughts towards them. This is the perfect session if you wish to decrease any anger you may have, as well as increasing understanding, positivity and compassion.
30 minutes.
Minimum 8 people.

Prices for Meditation, Personal Training, Pilates, Yoga.	
Up to 10 (pp)	£30.00
Up to 50	£500.00
Up to 100	£650.00
Up to 200	£860.00
Up to 500	£1,500.00
Please enquire for costs over 500 people	

YOGA

Enjoy a mindful moment with your team in this private Yoga Flow Class.
60 minutes.
Minimum 10 people.



PILATES

With us being cooped up at home, a Pilates class is a welcome opportunity to stretch and strengthen our muscles whilst working on our postural alignment and flexibility.
60 minutes.
Minimum 10 people.

Please note, all prices are 'from' and a full quote will be provided once activities have been decided. All prices exclude VAT. A project management fee may apply depending on brief.



PARALLEL BLUE

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