



Corporate Wellness
Package for 2026



Improve the Health & Well-being of your Employees

Our packages are designed to develop camaraderie within your group, improve teamwork & communication and enhance staff retention.

Through physical exercise, relaxation and activities, we empower people and equip them with the tools required to take better care of their health and well-being.

Contact us today to make a booking: info@midlandescape.ie | 0872867880

Full List of Activities



- Hiking
- Yoga
- Meditation
- Team Building Activities
- Paddle Boarding
- Biking
- Laser Clay Shooting
- Rucking
- Kayaking
- Seaweed Bathing
- Fishing
- Motivational Speakers
- Barbeques
- Drinks Tasting
- Prosecco & Painting
- Cocktail Making
- Mindful Talks
- Forest Bathing
- Qi Gong
- Evening Entertainment
- Axe Throwing
- Archery