



lifehouse

spa & hotel

teambuilding & activities

team building & activities

Located in North Essex, lifehouse is a perfect location to get out of the office and enjoy a fantastic team building event.

You can find us just off the A120, easily accessible from the A12. or take the train on a direct 90min route from London Liverpool Street Station (we can provide transfers for small groups for a nominal charge.)

Located within 130 acres of peaceful countryside and gardens, lifehouse has plenty of space for outdoor activities.

We also offer a range of wellbeing activities from fitness classes to group meditation and workplace wellbeing sessions with our specialist consultants and practitioners.



get wild....

Bushcraft

Escape to the wilds for an immersive bushcraft experience. Ideal as a therapeutic, fun activity for those who want to dip their toe into the world of bushcraft and learn some survival skills as a team.

- Shelter – Erecting Shelters with tarps and learning useful knots. As wells as dens and structures.
- Fire – No matches required. Learn how to make fire using primitive techniques from materials you can most likely find in the woods.
- Tools – Learn to use bushcraft tools safely to craft pot hangers, pegs, and how to prep firewood.



Geotagging

Using a map, find the hidden tags at each location and solve each card's puzzle, riddle, or challenge.



For more information please contact our
Events team:

01255 863475 events@lifehouse.co.uk

compete...

Target Archery

Targets up, take aim, release, bullseye! The simple and satisfying art of yesteryear, guaranteed to engross the group and add a helping of healthy competition through an array of team games and multiple target faces. Our instructors will ensure everybody has fun, hits the target and improves throughout the session.



Archery Tag

Combining the rules of paintball, dodgeball and traditional target archery to give an exhilarating, adrenaline-fuelled competition. Using foam-tipped arrows and masks, take the chance to shoot, dodge and hide to win the game. Great fun, with lots of different games and methods of play possible.



have fun...

Mountain Biking

Take to the trails or tracks with one of our experienced Mountain Bike Leaders.

With all kit and equipment provided we can offer this direct to you on the grounds or meet at one of several local locations perfect for exploring or using a track.



Axe Throwing

Channel your inner Viking, Apache or Ninja with our axe throwing sessions. Sure to get the heart racing, as you take to the target like a Viking to water. Also, despite its name and being truly exhilarating, axe throwing is a skilled, low-risk activity conducted with a trained instructor.



For more information please contact our
Events team:

01255 863475 events@lifehouse.co.uk

work together...



Team Challenges & Games

Get the juices flowing and the group working together with some brilliant team challenges & games.
As an example: Rope Problem Solving – Teamwork is key to solving these tangled teasers.
Plank & Box Command Tasks – You'll scratch your head, but when the penny drops ...

breathe.....



Group Yoga

A private group Yoga session with one of our experienced Yoga teachers.
Suitable for beginners or for the more experienced

Group Pilates

A private group pilates class. Concentrating on posture, balance and flexibility while strengthening the body. Focuses on providing balance between your mind and body for a overall sense of well-being.



Group Meditation

Group meditation provides busy and stressed individuals with an opportunity to attain deep relaxation and cultivate a peaceful state of mind. By directing your attention and clearing away the chaotic thoughts that clutter your mind, meditation helps restore tranquility and inner calm.

Group Alchemy Crystal Sound Bath

Assisting anyone experiencing life challenges, soul squeezes, stress releasing or needing relaxation. Depending on what you are working with the session can include breathing techniques, with meditation and relaxing, balancing Alchemy Crystal Sound Baths. The high quality crystal alchemy bowls emit sound frequencies which vibrate throughout the body unblocking specific chakras bringing the body into balance.

fun fitness



Instructor lead group fitness classes

Book our fitness trainers for your workplace workout!

Classes include: Aqua, Conditioning, Dance Classes,
Life Cycle, Lifehouse HIIT, Tai Chi, Studio Strength,
Total Body & Total Tone plus more!

Virtual classes

Our studio offers a big screen virtual workout, ideal for sessions out of hours, or groups happy to motivate themselves and enjoy fitness at their own pace.

With over 1000 options you will be spoilt for choice!

For more information please contact our
Events team:

01255 863475 events@lifehouse.co.uk

pricing...

Teambuilding

Get Wild, Compete, have fun and work together activities

Half day (Max 4 hours) up to 2 teambuilding activities from £725 inc VAT

Based on up to 11 people

£15 inc VAT extra per additional person plus any additional instructors required depending on numbers

Full day (Over 4 hours) up to 4 teambuilding activities From £1250 inc VAT

Based on up to 11 people

£25 inc VAT extra per additional person plus any additional instructors required depending on numbers

Group activities

Breathe & Fun Fitness catagories

With instructor

Up to 1 hour class £195 inc VAT

£10 extra per person over 11 people

Virtual classes - no instructor

£109 inc VAT maximum 1 hour

All of our get wild, compete, have fun and work together activities are provided by our team building specialist provider, who can create experiences bespoke to your group, working with you in advance to ensure a memorable experience on the day. Run by qualified outdoor instructors, we have found the specialists are passionate about nature, the outdoors and adventure, and are all First Aid trained. They can cater for almost any size group.

Our own practitioners and consultants provide all other activities.

Contact us for your own tailor-made quotation and let us indulge you in to our way of life here at lifehouse.

All activities are subject to instructor availability, location availability and minimum/maximum numbers - Please ask for further details

what our clients say...

"I have visited Lifehouse several times for a relaxing break to enjoy the spa, treatments and delicious food, little did I know that Lifehouse is so much more than just a spa.

On speaking with the Corporate Sales Manager, I discovered Lifehouse was available to host a number of activities for team building. I worked with them to organise the perfect event, we stayed for one night, had a fantastic three course dinner and the following day we took part in a morning of archery and an afternoon of clay pigeon shooting. Every detail was taken care of with transport from the station to the external activity companies, and not forgetting the correct amount of bottles on our wine order!

The staff at Lifehouse went above and beyond to ensure our event ran as smoothly as possible and their attention to detail was second to none.

I would highly recommend a visit, whether it be for a relaxing spa break or an adventure activity, Lifehouse can provide you with everything you need!"



Executive Assistant,
Royal Bank of Canada

"We recently had the pleasure of working with the team at Lifehouse to host a leadership development event for our Senior Managers. Without doubt this turned out to be one of our most successful leadership events. Although our focus during the event was on strategy execution, we also had a section on 'wellbeing' which is a key part of our people strategy.

The Lifehouse environment provided the perfect opportunity to combine the focus on corporate strategy with health and well-being. The environment, accommodation and food were all fantastic and the helpfulness and customer service provided by all of the Lifehouse team during our stay was exceptional.

We were able to make use of all of the spa facilities and experience the fantastic treatments on offer. It's fair to say it wasn't all fun – the 7am morning run and workout on day 2 was quite a shock for a few of the team!

Our sincere thanks to all of the team at Lifehouse from all of the Senior Managers at Virgin Holidays who had an amazing few days."



Director of People & Performance,
Virgin Holidays

Lifehouse Spa & Hotel
Frinton Road
Thorpe-le-Soken
Essex
CO16 0JD
www.lifehouse.co.uk
T: 01255 863475
E: events@lifehouse.co.uk

