

MAY THE BEST TEAM WIN

RELAX

WHAT TEAM REACHES THE ULTIMATE STATE OF RELAXATION



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THE GAME

Relaxation is more than rest—it's a shared journey of balance, mindfulness, and connection.

The Relax Challenge invites teams to explore inspired activities that reduce stress, improve oxygen levels, and foster harmony.

Teams rotate through five unique sessions, each designed to lower heart rate and enhance well-being.

Success depends on communication, mindfulness, and collective calm.

"RELAXATION ISN'T
JUST A BREAK
FROM LIFE—IT'S
HOW WE RETURN
TO OURSELVES."

OBJECTIVE

Reach the optimal team relaxation goal:

Average heart rate of 65 or less and Oxygen level of 95% plus.

Participate in five inspired sessions:

- Massage
- Tea session
- Art session
- Herbal Inhaler
- Yoga Meditation

Record heart rate and oxygen levels after each session

Celebrate the team that achieves the deepest state of relaxation.

BENEFITS

- Stress relief and mindfulness
- Creative expression through art
- Improved communication and collaboration
- Shared achievement and team bonding
- A calm, positive atmosphere with measurable relaxation outcomes





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