



GROUP ACTIVITIES & TEAM-BUILDING

DESCRIPTIONS & PRICING

Beyond The Meeting Room

Travaasa will help you create the perfect teambuilding experience for your group. Using our exciting array of experiences, we'll custom-design a program to meet your team's specific needs. Our innovative interactive activities help your team members:

Enhance Teambuilding Skills

- Increased self-awareness and personal leadership skills
- Improved non-verbal communication skills
- Generating/radiating a greater sense of self-confidence
- Overcoming resistance to change
- Understanding & managing group roles/behaviors

Bond with Colleagues

- Gaining greater familiarity through shared experience: fun, different, out of the box
- Breaking self-imposed boundaries
- Experiences that require interdependence, shared responsibility and accountability
- Developing a common language & take home reminders of experience

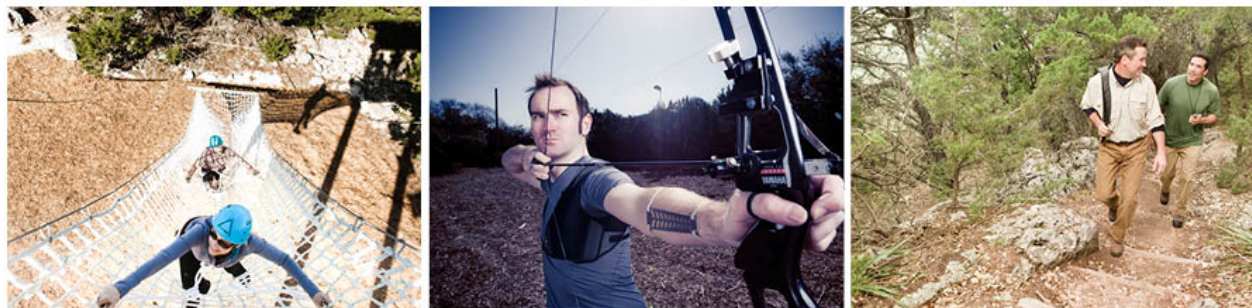


Challenges

Challenge and leadership activities involve a series of fun and challenging scenarios, requiring participation and collaboration from the entire group. Our facilitators lead your team through activity stations, each taking 15-45 minutes. We offer a full range of options for stations, from simple group games to complex mental and physical challenges. For example, the team must cross a “river” using only the materials provided. Afterwards, facilitators offer a short debriefing session and encourage participants to share insights and make connections to real world situations.

Check out our most popular packages below or completely customize your own. Our leadership staff is available to help you choose which package fits your team and desired outcome.

Activity Name	Description	Team Size	Level	Time	Cost
Just For Fun	There's no better team builder, than team bonding. Enjoy a stress free day away from work filled with laughs and camaraderie. Take a break, you earned it. This shared experience includes little or no debriefing.	6–100	Medium Physical Challenge/High Activity Level	2-4 hours	\$45 per person with a \$270 minimum \$20 per person each additional hour
Communication Upgrade	Have you ever wished your team could communicate better? We'll point out communication gaps and show you alternative solutions to bridge those gaps. Learn new and effective communication approaches and techniques that will make everyone's workday easier	6–100	Medium Physical Challenge/High Activity Level	2-4 hours	\$45 per person with a \$270 minimum \$20 per person each additional hour
Relationships and Group Dynamics	Whether you have a brand new mix of people or an established group, better relationships will build a better business. Build more trust, understanding, and connection amongst your team.	6–100	Medium Physical Challenge/High Activity Level	2-4 hours	\$45 per person with a \$270 minimum \$20 per person each additional hour
Custom Program- pick one from of the 3 categories and we'll design your experience	1. Tone - Fun, Competitive, Serious, Light-hearted, or Other 2. Focus - Communication, Relationships, Problem solving, or Other 3. Physical Challenge Level - Low, Average, or Maximum	6–100	Medium Physical Challenge/High Activity Level	2-4 hours	\$45 per person with a \$270 minimum \$20 per person each additional hour
Lego Teambuilding	Challenge the group's creative side by taking on a project that requires planning, leading, organizing, and follow-through. Teams compete to successfully assemble a prescribed structure using Legos. Our facilitators add twists to test observation, communication and cooperation. Team building through LEGOs is an engrossing activity that everyone can enjoy.	6 –100	Medium Physical Challenge/High Activity Level	2 hours	\$45 per person with a \$270 minimum; \$35 per person for groups over 30
Last Man Standing	This competitive team building activity brings your group together in a “tribal” unity working to complete complex tasks and earn Tribal Tokens. Individual fitness is not necessary, but rather ingenuity, creativity and resourcefulness. The games and exercises in Last Man Standing are similar to those in our Team Building Challenges, but engineered to focus on competitive drive. Which team will be the Last Man Standing? There's only one way to find out.	6 –60	Medium Physical Challenge/High Activity Level	1 - 3 hours	\$45 per person with a \$270 minimum for 2 hours; \$35 per person for groups over 30; \$20 per person each additional hour



Adventure Packed

Whether you're looking to get out of the office or out of the box, choose an adventure activity that everyone in your group can be involved in.

Activity Name	Description	Team Size	Level	Time	Cost
Prickly Pear Challenge Course	Expand your self-confidence on our state-of-the-art high-ropes challenge course designed by Outward Bound Professional. Begin at the Cobweb, progress over Raider Bridge, through the Flying V, to navigate Double Trouble. The linear progression of the course culminates with a fantastic zip line flight of over 250 feet long, soaring over the tree tops.	6–15	Medium Physical Challenge/High Activity Level	2.5 – 4 hours	\$45 per person with a \$270 minimum
Hike	Give your group a chance to stretch their legs as they explore our rich and extensive trail system. During this guided tour, you'll learn about local flora, fauna and the history and ecology of the area. Hikes are open to all and accommodate a wide range of interests and abilities.	6–70	Medium Physical Challenge/High Activity Level	1 hour	\$25 per person with a minimum of \$150; \$10 per person for groups over 30
Geocaching Scavenger Hunt	Geocaching is often described as a game of "high-tech hide and seek". Aspects of the game include data analysis, problem solving, orienteering, log marking and benchmarking as the teams work to solve clues leading to hidden containers called "geocaches". The winning team receives certificates and prizes.	6–120	Low Physical Challenge/High Activity Level	1.5 hours	\$40 per person with a minimum of \$240; \$20 per person for groups over 30
Archery	Learn the fundamentals that create the foundation of archery while boosting your mental attention and connecting your breath to physical performance. Experience techniques to develop your focus, patience, flexibility, concentration, and attention skills and understand why great archers continually develop these simple concepts to heighten all aspects of their lives.	6–20	Low Activity Level	2 hours	\$45 per person with a \$270 minimum
Guided Fishing Experience	Join experienced anglers on an excursion of Lake Travis, using professional equipment and instructions learn the ropes or enjoy an afternoon on the peaceful waters.	2–30	Medium Activity Level	5 hours	Please inquire for pricing



Culinary Delights

The old saying “you are what you eat...” yep, it’s true. Part of the enjoyment in life involves good food, and great company. Grab a knife, choose your ingredients, eat well, and enjoy life with these food centric activities for foodies and chefs alike.

Activity Name	Description	Team Size	Level	Time	Cost
Iron Chef Competition	Help increase communication and team spirit with this exciting event. Each group receives the same set of ingredients, tools and time to create a culinary masterpiece. Teams will earn points for imagination, artistry and taste to win prizes.	6–75	Low Activity Level	2 hours	\$200 chef fee; \$45 per person \$270 minimum (preparation of 1 entrée – additional options are available)
The Art of the Cocktail	Find out how to best combine juices, purees, fruits, spices and wonderful fresh ingredients to create the perfect cocktail. Embark on a tasting journey learning about the quintessential basics as well as new cocktail trends of today. Our program can include a mix-off, where teams create a unique cocktail using the same mise en place (set up of ingredients), create a name and marketing plan and then enter it into a tasting contest to win prizes.	6–75	Low Activity Level	2 hours	\$200 for bartender, \$15 per person ++
Hand’s on Cooking	Our personalized hands-on cooking classes will encourage your group to work together to learn skills and techniques while showcasing Travaasa house recipes. Let our gourmet culinary team delight you, on property, with ways to prepare, cook and present the cuisine you savor.	6–30	Low Activity Level	1.5 hours	\$200 chef fee, prices vary depending on selection; per person pricing starts at: \$25 for appetizers; \$45 entrée; \$25 dessert; \$80 for full meal
Chili Cook-off	We give your teams the basic ingredients and equipment; they compete to make the best chili! A culinary experience can reinforce basic skills of negotiation, flexibility, adaptability and even a bit of persuasion – all while having fun! Turn your cook off into a meal! It will be an additional \$10 per person to add salad, corn bread, and non-alcoholic beverages. The per person price will increase to \$35 per person the chef fee will remain at \$200.	6–75	Low Activity Level	2 hours	\$200 chef fee + \$25 per person with \$150 minimum
Wine Tasting Class	Start with the bottle itself. Much of the magic of wine lies in being able to properly evaluate bottles, which in turn can lead to an understanding of wine’s history and origins. Then we’ll move on to learning the skill of wine appreciation by tasting and evaluating. You’ll learn how to analyze the various flavors, aromas and textures of grapes, and you’ll have a chance to taste quality wines, which will be provided along with water and appropriate snacks.	6–10	Low Activity Level	1.5 hours	\$50 per person with a minimum of \$150
Knife Skills	Basic knife skills are an important component of any culinary repertoire – weather you are planning on earning a living in the kitchen, or simply please yourself, your friends and your family. Learning to wield a knife correctly speeds up your prep time, improves the look of your food, garnishes and plate presentation and makes the kitchen a safer place to work. This activity provides a fun, bonding experience for a group and has them preparing a great snack – guacamole and salsa – to be enjoyed by the whole group. For additional fee group members can receive a set of knives as a take-home gift.	6–10	Low Activity Level	1 hour	\$150 chef fee; \$25 per person \$150 minimum



Texas Culture

Whether you're from around these parts or you're experiencing culture shock, welcome to Texas. And during your stay we would like to share some of the unique cultural activities we treasure as part of our everyday life. Learn a new skill such as roping, discover if you have a poker face, and find out why the stars at night truly are bigger and brighter than anywhere else.

Activity Name	Description	Team Size	Level	Time	Cost
Texas Two Step	The Texas Two Step includes three steps: a quick step, a quick step, and then a slow step. Does this sound like your work? It doesn't have to be done just in Texas, which means you've got a new skill to show off to friends when you go.	6-120	Medium Physical Challenge/High Activity Level	1 hour	\$25 per person with a \$150 minimum
Harmonica Workshop	Groups that play together, stay together. Not just for cowhands, the harmonica allows the musically challenged to begin enjoying the benefits of music within just a few hours. You do not have to know how to read music to begin playing the harmonica. All you need is a tune in your head, because in some ways it is much like humming or whistling. Your group will all receive complementary harmonicas and everyone will be able to play a group song by the end of this workshop. For an additional fee, we can provide logoed harmonicas to the group.	6-120	Low Activity Level	1 hour	\$25 per person with a \$150 minimum
Texas Triathlon	It's an amazing race, Texas style! Compete for Texas pride through a series of activities. Race for time on the Mechanical Bull, then see who has the roping talent to rope the bulls head, lastly you must ring in a set of horseshoes to win!	6-20	Medium Activity Level	1 hour	\$60 per person with a \$360 minimum
Roping	You can wear the boots and the hat, however, its nothing but a costume unless you have the skills. Get the group together and bring out their competitive side with real Texas roping, we even have a practice bullhead. Once you've mastered the skill, use care when practicing at home.	6-20	Medium Activity Level	1 hour	\$25 per person with a \$150 minimum
Mechanical Bull Riding	Riding the bull increases strength and improves flexibility because it's continually keeping you off-balance. Keep a countdown and see who makes it to 8 sec. Form does count; so don't forget to raise one arm up in the air.	6-20	Medium Activity Level	1 hour	\$25 per person with a \$150 minimum
Texas Hold 'Em	Texas Hold 'Em, also known as: The Cadillac of Poker, popularity surged and it replaced seven card stud as the most common games in US Casinos. Sit down and enjoy a drink with our Hold'Em expert as they teach you the finer points of how to play the game and WIN. Ready? Ante up.	6-30	Low Activity Level	1.5 hours	\$45 per person with a \$270 minimum
Star Gazing	For the best time you've ever had in the dark, let Travaasa put on a star party with huge, computer-guided telescopes, green laser pointers, and knowledgeable astronomers, to show you and your colleagues, such night sky treasures as the planet Saturn and it's spectacular rings, Jupiter and it's Galilean moons, and many other objects. Learn how to read a star map, and then follow the astronomers' green laser as the prominent constellations are outlined for all to see. Add cocktails for an additional fee.	6-30	Low Activity Level	1-3 hours	\$75 per person with a \$450 minimum
Equine Encounters	Learn how non-verbal communication, internal mind-state and focus affect your ability to lead and project your intentions. Guided by our equine team, you will complete exercises that lead to greater self-awareness and confidence. No previous horse experience is needed for this workshop. 3-4 people per group.	6-15	Medium Activity Level	2 hours	\$45 per person with a \$270 minimum

Horseback Riding Class	Want to try horseback riding for the first time? Improve your horsemanship? Develop deeper horse and rider relationships? Have your team join us at Travaasa Farms for a brief lesson and trail ride.	1–5	Medium Activity Level	1 hour	\$50 per person with a \$150 minimum
Horse Painting	Ever thought of painting on a live canvas? Here at Travaasa we give you the tools to express your emotional vision on and with the horse. Let our equine team help you deepen your thoughts and bring forth your inner creativity & visions.	1–21	Low Activity Level	1.5 Hours	\$45 per person with a \$270 minimum
Equine Encounters and Horse Painting	Combine Equine Encounters and Horse Painting for a great equine experience. Using both sides of the brain, it allows team members to work on communication while also using a bit of creativity.	6–15	Medium Activity Level	3 hours	\$65 per person with a \$390 minimum



Need a break?

In the midst of presentations or brainstorming, keep your team full of energy with these 30 minute break activities that can be done in your meeting space for \$15 per person.

Activity Name	Description	Team Size	Level	Time	Cost
Juicing 2.0	Juicing 2.0 is an interactive class that nourishes mind and your body. Participants learn nutrition tips, try samples and create recipes of their own. No cooking experience is needed and recipes are all quick, easy, healthy and made with five ingredients or less!	6-10	Low Activity Level	1.5 hours	\$25 per person with \$150 minimum
Yoga	Wake up your body and mind with this flowing yoga practice that accommodates all levels of participants. This is a low-to-moderate intensity class geared toward anyone with an interest in yoga. It will allow those who are newer to take their time while letting seasoned practitioners pick up the intensity. Our instructor will focus on how to incorporate yoga postures into the busy work day to enhance concentration and alertness.	6-30	Low – Medium Activity Level	1 hour	\$25 per person with a minimum of \$150; \$10 per person for groups over 30
Bhava: Mantra & Movement	Envisioned by Travaasa yoga expert Susan Anderson, Bhava yoga invites us to connect with the world beyond ourselves. The word Bhava loosely translates as "An expansion of feeling and sentiment in the heart through song and chant". Bhava can transform you but it calls for the surrender of your ego and sense of self. Have your group join us for a unique yoga experience that will alter the way they think about yoga.	6-30	Low Activity Level	1 hour	\$25 per person with a minimum of \$150; \$10 per person for groups over 30
Breath Work for Energy Balance	Who knew that focusing on something we do unconsciously every second of every day can do so much more for us? This workshop works with the breath, following its movements through the body. Restorative sequencing moves us slowly into a deep somatic experience to release us from stress and anxiety and bring a calmer, more relaxed state (great for type-A personalities who have trouble relaxing).	6-30	Low Activity Level	1 hour	\$25 per person with a minimum of \$150; \$10 per person for groups over 30
Meditation Workshop	As a wonderful beginning, break or end of the day, this meditation class helps to prepare the mind and integrate experiences so that they are more meaningful. During this class we help demystify the ancient practice of meditation—bringing awareness to our moment-to-moment experiences.	6-30	Low Activity Level	1 hour	\$25 per person with a minimum of \$150; \$10 per person for groups over 30
Serenity Stretch	Break up your meeting with soothing music...stretching muscles...relaxing meditation... ahhh what a treat! Our instructor will help your team learn how to stretch properly and why stretching is so important to balance flexibility with strength, decrease the risk of injury, and improve posture.	6-30	Low Physical Challenge/High Activity Level	1 hour	\$25 per person with a minimum of \$150; \$10 per person for groups over 30
More Energy	If your group members complain about flagging energy, it may be attributed to poor diet. This lecture can help participants discover ways to increase energy, and may even help them lose weight. While most of the class is nutrition-based, each participant can discover what they may be doing to drain their energy and how to manage energy for greater success.	6-30	Low Activity Level	1 hour	\$50 per person with a minimum of \$150; \$35 per person for groups over 15
Foam Roller Class	Get your group on a roll! During this fun class your group will learn how to give themselves a massage with a foam roller and tennis ball to help break up scar tissue, release muscle tension, rehabilitate injuries and improve circulation. This is a great option for an active break.	6-10	Low Physical Challenge/High Activity Level	1 hour	\$25 per person with a minimum of \$150; \$10 per person for groups over 30

Stress Solutions	A feeling of dis-stress can affect productivity, relationships and even health. This workshop explores the concept of stress and gives participants easy, practical methods of detoxifying the effects of our hectic, information filled, high pressured, modern lifestyle.	6-30	Low Activity Level	1 hour	\$50 per person with a minimum of \$150; \$35 per person for groups over 15
Pilates	Pilates is designed to transform the way your body looks, feels and performs, building strength without excess bulk. For those who are desk-bound it is important to keep the core of the body strong and flexible. This basic all-level Pilates class on the mat teaches awareness, good posture and easy, graceful movement, while improving flexibility and agility.	6-20	Medium Physical Challenge/High Activity Level	1 hour	\$25 per person with a minimum of \$150; \$10 per person for groups over 30



Social Responsibility

Take your group's experience and use it to benefit others. All of our social responsibility activities benefit local organizations, making a real difference to those in need.

Activity Name	Description	Team Size	Level	Time	Cost
Mini Golf, Many Meals	Groups are divided into teams and given a budget; each team must discuss and spend their budget wisely to purchase canned goods. The goal is to create a mini-golf course out of canned goods. Each team will have the opportunity to earn more cans by completing problem solving tasks. After the mini golf course is complete the teams will get a chance to compete against each other on the course. At the end of the day the canned goods get donated to a local charity.	20-80	Low Activity Level	2 hours	\$55 per person
Eye Spy Supplies	Groups are divided into teams and sent on a geocaching journey on property using a GPS navigation system to find items and complete problem solving tasks. For each item found or task completed the team earns a point. At the end of the event, teams must pull their points together to "purchase" school supplies and backpacks. Teams put supplies in the backpacks which are donated to a local charity.	10-80	Low-medium Activity Level	2.5 hours	\$55 per person
Find and Be Kind	Groups are divided into teams and sent off on a problem solving based scavenger hunt throughout the property. Each team is given a GPS Navigation system and clues to earn points. Each team must earn a certain number of points (based on time/group size) to exchange them for a large puzzle piece. When the puzzle is put together it makes a giant check made out to the charity of choice!	10-50	Low-medium Activity Level	2 hours	\$55 per person



Hand-Mind Coordination

Tap into your team's creative flow, help your team members create a collaborative vision for the future, or get everyone on the same rhythm with these dynamic activities.

Activity Name	Description	Team Size	Level	Time	Cost
Za Boom Ba™	Explosive, cutting edge, original, innovative, and that's just scratching the surface. Za Boom Ba™ programs can be the catalyst you've been looking for to put that spark of winning energy back into your organization. 60 minutes. With the phenomenal power of interactive team building with rhythm and drums you can. All the skills and tools that promote unity, alignment, depth and winning energy in people are the tools that cutting edge organizations utilize and deploy. Drumming and rhythm build these skills. Transform your team with drums and rhythm. Directly access the total power of true teamwork. Unite your team with shared vision, break down barriers, and celebrate success. It's total motivation and collaboration.	10-120	Low-medium Activity Level	1 hours	\$55 per person with \$550 min; \$45 per person for groups over 20
Inner Wealth™	Discover a new way to tap into your team's brilliance. Unlock team intelligence, increase creative expression and productivity. The Inner Wealth™ process calls on the various right brains' modalities to unlock and expand personal and collective awareness. All sessions are expertly facilitated for participants to feel invited and inspired regardless of previous experience. This is science. Innovation and problem solving begin as a non-linear processes; integrating the power of the right brain's creativity with the left brain's linear thought provides access to a wealth of perspectives not ordinarily seen. Sessions can utilize a powerful blend of creative expression, movement, and focusing, to bring new vision and deepen team understanding. A perfect session to bring new perspectives and balance between analytical and left brain oriented work. It's regenerative and refreshing.	6-75	Low-high activity level depending on activities selected - however there are multiple levels within each activity	1.5 hours	\$35 per person with \$350 minimum; \$25 per person for groups over 20
High Performance	We believe every team can achieve it. We know the commitment it requires; and we know the huge payoff. We'll help you set the context to inspire your team; we'll help you get there. High Performance can be the quest for excellence and maximum team efficiency, the ability to innovate, or the ability to deliver beyond expectations. With the right team development context, we believe every team can achieve this. A High Performance Team is not just a concept. It's not an ideal reached by an elite few. High Performance is a set of concrete skills available to teams who commit. The specific skills and behaviors that drive high performance can be learned by any team.	10-75	Low-high activity level depending on simulation	1.5-3 hours	\$45 per person with a \$450 minimum; \$35 per person for groups over 20
Mind Mapping	A mind map is a diagram used to represent words, ideas, tasks, or other items linked to and arranged around a central key word or idea. Created by individuals and groups, mind maps are used to generate, visualize, structure, and classify ideas, and as an aid to studying and organizing information, solving problems, making decisions, and writing. Our facilitator will teach your group the fundamentals of mind mapping and help them create several maps.	6-30	Low Activity Level	1 hour	\$50 per person with a minimum of \$150; \$35 per person for groups over 15
Improvitational Humor Workshop	Bill Murray called improv, "the most important group work since the pyramids"... and he was right. Our team of local improv instructors incorporates audio, visual and kinetic teaching methods to create an active lively and hilarious learning environment that your team will be talking about for months.	6-120	Low Physical Challenge	2 - 4 hours	Contracted Rate

Block Printing	Block printing appeals to those who love colors and patterns. Learn the techniques of carving your own designs into rubber/wood blocks, complete an individual project with ink prints, and take home your block to continue printing on cards, stationary, bags, scarves, etc. No experience necessary and all necessary materials are included. Our classes are designed to focus on a newly learned capability rather than a final product. Our mission is to provide skills and knowledge for a lifetime!	6-30	Low Activity Level	1.5 hours	\$25 per person with a \$150 minimum
Lavender Sachets	They're not only pretty and wonderfully tactile, but they also make your clothes and drawers smell great! Make three lavender sachets, for a variety of uses, take the skills you learn home and create beautiful gifts for friends and family. Lavender has been used to hundreds of years to treat restlessness because the scent of lavender increases brain waves associated with relaxation. So simple and fun to make, your home with be blessed with the scent of lavender.	6-30	Low Activity Level	1 hour	\$25 per person with a \$150 minimum
DiSCover your Personality	The DiSC personality assessment tool is used by many Fortune 500 companies to help with leadership development, enhance communication, improve team outcomes, and increase the bottom line. The workshop includes an on-line assessment, individual reports as well as a group presentation to help interpret and use the information garnered by the assessment. Optional 1:1 coaching is available for an additional fee.	6-30	Low Activity Level	4 hours; Individual Coaching Available	Price varies based on individual programming
Creative Writing	Everyone has a story to tell. Through writing exercises and we'll free our minds and explore what awaits when we turn off our inner critic and say yes to our meandering creativity. This is a playful, pressure free, no experience needed atmosphere. Everyone has a story to tell, so see what your story is when you free your mind to come and play!	6-20	Low Activity Level	1 hour	\$25 per person with a minimum of \$150
Mind Strengtheners	We work every other muscle in our body, why not the one we use the most? Come participate in playful games and exercises that help strengthen concentration, listening, and critical thinking.	6-20	Low Activity Level	1 hour	\$25 per person with a minimum of \$150
Vision Board	If you are looking for a way to help your team members create a collaborative vision for the future, this workshop is for you. During this hands-on workshop, your team creates and shares dreams, goals and visions by collaging while listening to soft, soothing music.	6-30	Low Activity Level	1 hour	\$50 per person with a minimum of \$150; \$35 per person for groups over 15
Sketch and Draw	If you want to boost creativity in your group, this is the workshop for you. It's been said that within each of us is a creative being just longing to get out. In this pressure-free workshop, our facilitators create experiences meant to stimulate creativity and focus the mind. Best of all? No experience or talent is needed to create something amazing to bring home to as a reminder of the day.	6-30	Low Activity Level	1 hour	\$50 per person with a minimum of \$150; \$35 per person for groups over 15