



GROUP ACTIVITIES & TEAM BUILDING

 TRAVAASA®
EXPERIENTIAL RESORTS
Austin

THE PERFECT TEAM-BUILDING EXPERIENCE

ENHANCE TEAM-BUILDING SKILLS

- Increase self-awareness and personal leadership skills
- Improve non-verbal communication skills
- Generate and radiate a greater sense of self-confidence
- Overcome resistance to change
- Learn to understand and manage group roles and behaviors

BOND WITH COLLEAGUES

- Gain greater familiarity through shared experiences
- Break self-imposed boundaries
- Participate in experiences that require interdependence, shared responsibility and accountability
- Develop a common language and take home reminders of experience

GROUP ACTIVITY CATEGORIES

1

TEAM CHALLENGES

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.

2

ADVENTURE PACKED

Get out of the office or out of the box. Choose an adventure activity that your entire group will enjoy.

3

CULINARY DELIGHTS

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.

4

TEXAS CULTURE

During your stay we would like to share some of the unique cultural activities we treasure as part of our everyday life in Texas. 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.

5

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.

6

HAND-MIND COORDINATION

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.



		GROUP SIZE	DURATION	PRICE
JUST FOR FUN Activity Level HIGH Physical Challenge MED	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	2–4 hours	\$45pp, \$270 minimum. \$20pp ea. additional hour
COMMS. UPGRADE Activity Level HIGH Physical Challenge MED	Wish your team communicated better? We point out communication gaps and show alternative solutions to bridge them. Learn how effective communication can make everyone's workday easier.	6–100	2–4 hours	\$45pp, \$270 minimum. \$20pp ea. additional hour
RELATIONSHIP DYNAMICS Activity Level HIGH Physical Challenge MED	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	2–4 hours	\$45pp, \$270 minimum. \$20pp ea. additional hour
DYNAMICS Activity Level HIGH Physical Challenge MED	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	2–4 hours	\$45pp, \$270 minimum. \$20pp ea. additional hour
CUSTOM PROGRAM Activity Level HIGH Physical Challenge MED	This competitive team building activity brings your group together in a "tribal" unity working to complete complex tasks and earn Tribal Tokens. Engineered to focus on competitive drive, these exercises highlight your team's ingenuity, creativity and resourcefulness.	6–100	2 hours	\$45pp, \$270 minimum. \$35pp for groups over 30
LEGO TEAMBUILDING Activity Level HIGH Physical Challenge MED	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. We add twists to test observation, communication and cooperation.	6–60	1–3 hours	\$45pp, \$270 minimum for 2 hours



		GROUP SIZE	DURATION	PRICE
PRICKLY PEAR	Activity Level	6–15	2.5–4 hours	\$45pp with a \$270 minimum
	Physical Challenge			
HIKE	Activity Level	6–70	1 hour	\$25pp with a minimum of \$150; \$10pp for groups over 30
	Physical Challenge			
GEOCACHING	Activity Level	6–120	1.5 hours	\$40pp with a minimum of \$240; \$20pp for groups over 30
	Physical Challenge			
ARCHERY	Activity Level	6–20	2 hours	\$45pp with a \$270 minimum
	Physical Challenge			
GUIDED FISHING	Activity Level	2–30	5 hours	\$45pp with a \$270 minimum; \$35pp for groups over 30
	Physical Challenge			
HUNGER GAMES	Activity Level	6–100	2–4 hours	\$100 group minimum for 2 to 4 hours of activity
	Physical Challenge			

BIKE PUMP COURSE

Activity Level **MED**
Physical Challenge **LOW**

Built for all skill levels—from limited experience to advanced bike riders—the track boasts something for everyone. Challenge yourself to get all the way around without having to pedal, or take it to the next level by riding high and fast into the berms or even wall. No matter your skill level, you will get a full body workout while you hone your ability to focus and break out of your shell.

2–8

1–1.5 hours

\$50pp with a \$100 minimum



CULINARY DELIGHTS

		GROUP SIZE	DURATION	PRICE
IRON CHEF Activity Level LOW Physical Challenge LOW	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 win prizes based on imagination, artistry and taste.	6–15	2.5–4 hours	\$175 chef fee, prices vary per selection; per person pricing begins at: \$45 appetizers; \$65 entrées; \$25 desserts; \$110 full meal
ART OF THE COCKTAIL Activity Level LOW Physical Challenge LOW	Combine juices, purees, fruits and spices to create the perfect cocktail. Your team will learn the quintessential basics as well as cocktail trends. Teams will create a unique cocktail using the same mise en place (set up of ingredients), name and marketing plan and then enter it into a tasting contest for prizes.	6–70	1 hour	\$25pp with \$150 minimum; \$10pp for groups 30+; *Plus \$175 bartender facilitation fee per group.
HAND'S ON COOKING Activity Level LOW Physical Challenge LOW	Help your group members work together to learn culinary skills and techniques in our personalized hands-on cooking classes. Our gourmet culinary team will delight you with ways to prepare, cook and present delicious recipes.	6–120	1.5 hours	\$175 chef fee, prices vary per selection; per person pricing begins at: \$45 appetizers; \$65 entrées; \$25 desserts; \$110 full meal
CHILI COOK-OFF Activity Level LOW Physical Challenge LOW	Give your team the basic tools and they can compete to make the best chili. A culinary experience can reinforce basic skills of negotiation, flexibility, and adaptability, and even a bit of persuasion. Turn your cook-off into a meal! With an additional \$10/p, 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.	6–20	2 hours	\$45pp with a \$270 minimum; *Plus \$175 chef facilitation fee per group.
WINE TASTING CLASS Activity Level LOW Physical Challenge LOW	Discover the magic of wine by being able to properly evaluate bottles and understand wine's history and origins. Your team will also learn to appreciate quality wine by tasting, evaluating and analyzing the various flavors, aromas and textures of grapes.	2–30	5 hours	\$45pp with a \$270 minimum; \$35pp for groups over 30; *Plus \$175 bartender facilitation fee per group.
KNIFE SKILLS Activity Level LOW Physical Challenge LOW	Learn to wield a knife correctly to speed up prep time, improve the look of your food, garnishes and plate presentation, and make the kitchen a safer place to work. This activity provides a fun, bonding experience for group members and has them preparing a great snack—guacamole and salsa—to be enjoyed by everyone. For an additional fee, grab a set of knives as a take-home gift.	6–100	2–4 hours	\$100 group minimum for 2 to 4 hours of activity; *Plus \$175 chef facilitation fee per group.

TEQUILA EXPERIENCE

Activity Level **LOW**
Physical Challenge **LOW**

While sipping through some of the most prestigious tequilas of Mexico, your group will explore will encounter fun facts about the history of tequila, the manufacturing process and tasting notes. Included are four tequila tastings moving through the different levels of quality, a complimentary margarita, small indigenous bites to cleanse the palate and a take-home caballito glass.

6–10

1 hour

\$50pp with a \$300 minimum; *Plus \$175 bartender facilitation fee per group.

BEER TASTING 101

Activity Level **LOW**
Physical Challenge **LOW**

Taste a variety of beers, from ones brewed and bottled locally in Austin to ales that come from way across the sea, like Germany and Belgium. Compare and sample seven different styles of beer while learning how beer is made and what ingredients are used for each type. The beers range from 5% — 10% alcohol and vary greatly in characteristics, offering something for every palate.

6–15

1 hour

\$50pp with a \$300 minimum; *Plus \$175 bartender facilitation fee per group.



		GROUP SIZE	DURATION	PRICE
TEXAS TWO STEP	Show off a whole new skill to friends when you go home. Learn to dance the Texas Two-Step to country music with either a 2/4 or 4/4 time signature. Coordination and dance skills not required.	6–120	1 hour	\$25pp with a \$150 minimum
Activity Level	HIGH			
Physical Challenge	MED			
HARMONICA WORKSHOP	Receive complimentary harmonicas so everyone in your group – even the musically challenged – can begin enjoying the benefits of music in just a few hours. Everyone will be able to play a group song by the end of this workshop. For an additional fee, we can also provide logoed harmonicas to the group.	6–120	1 hour	\$25pp with a \$150 minimum
Activity Level	LOW			
Physical Challenge	LOW			
TEXAS TRIATHLON	Run 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 bull's head, lastly you must ring in a set of horseshoes to win!	6–20	1 hour	\$60pp with a \$360 minimum
Activity Level	MED			
Physical Challenge	LOW			
ROPING	Give your boots and hat bragging rights. Get the group members together to try their hands at some real Texas roping. We even have a practice bull head. Once the skill is mastered, use care when practicing at home.	6–20	1 hour	\$25pp with a \$150 minimum
Activity Level	MED			
Physical Challenge	LOW			
MECHANICAL BULL	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	1 hour	\$25pp with a \$150 minimum
Activity Level	MED			
Physical Challenge	LOW			
TEXAS HOLD 'EM	Sit down and enjoy a drink with our Hold 'Em experts as they teach the finer points of how to play the game and win. Also known as the Cadillac of Poker, this game surged in popularity and replaced Seven-Card Stud as the most common game in U.S. casinos. Feeling lucky? Ante up.	6–30	1.5 hour	\$45pp with a \$270 minimum
Activity Level	LOW			
Physical Challenge	LOW			

STAR GAZING

Activity Level **LOW**
Physical Challenge **LOW**

We'll host a brilliant party with huge, computer-guided telescopes, green laser pointers and knowledgeable astronomers, to show you and your colleagues night sky treasures. Learn to read a star map, and then follow the astronomer's green laser as the prominent constellations are outlined for all to see. Cocktails available for an additional fee.

6–30

1–3 hours

\$75pp with a \$450 minimum

EQUINE ENCOUNTERS

Activity Level **MED**
Physical Challenge **LOW**

Learn how your non-verbal communication, state of mind and presence 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. 3–4 people per group.

6–15

2 hours

\$45pp with a \$270 minimum

TRAIL RIDING CLASS

Activity Level **MED**
Physical Challenge **LOW**

Hit the happy trails for the first time, improve your horsemanship or develop deeper horse and rider relationships. Have your team join us at The Travaasa Farm for a brief lesson and trail ride.

1–5

1 hour

\$50pp with a \$150 minimum

HORSE PAINTING

Activity Level **LOW**
Physical Challenge **LOW**

Paint on a live four-legged canvas. Seriously. We'll give you the tools to express your vision on and with the horse. Let our equine team help you deepen your thoughts and bring forth your inner creativity.

1–21

1.5 hours

\$45pp with a \$270 minimum

ENCOUNTERS + PAINTING

Activity Level **MED**
Physical Challenge **LOW**

Develop self-awareness through close interaction with horses, and explore your creativity by using them as canvases. Using both sides of the brain, this experience allows team members to work on communication while also using a bit of imagination.

6–15

3 hours

\$65pp with a \$390 minimum

HILL COUNTRY BIKE + WINE

Activity Level **MED**
Physical Challenge **LOW**

Tour the breathtaking landscape of Texas Hill Country on two wheels with your group. You'll stop at local vineyards and the beautiful historic towns of Fredericksburg and Stonewall, Texas. Price includes lunch, bike and helmet rental, KIND bar snacks, water bottles and water.

6–16

8 hours

\$350pp (includes lunch, gear, snacks and water)



			GROUP SIZE	DURATION	PRICE
JUICING 2.0 Activity Level LOW Physical Challenge LOW		Nourish your mind and your body with this interactive class. Group members will learn nutrition tips, sample juices 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	1.5 hours	\$25pp with a \$150 minimum
YOGA Activity Level LOW Physical Challenge LOW		Awaken your body and mind with a flowing yoga practice that accommodates all levels. 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 workday to enhance concentration and alertness.	6–10	1 hour	\$25pp with a \$150 minimum; \$10pp for groups over 30
BHAVA YOGA Activity Level LOW Physical Challenge LOW		Connect with the world beyond yourself. “Bhava” loosely translates into “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 experience that will alter the way they think about yoga.	6–30	1 hour	\$25pp with a \$150 minimum; \$10pp for groups over 30
BREATHE FOR BALANCE Activity Level LOW Physical Challenge LOW		This workshop works with the breath, following its movements through the body. Restorative sequencing moves us slowly into a deep somatic experience to release stress and anxiety and bring a calmer, more relaxed state. Great for Type-A teammates who have trouble unwinding.	6–30	1 hour	\$25pp with a \$150 minimum; \$10pp for groups over 30
MEDITATION WORKSHOP Activity Level LOW Physical Challenge LOW		Bring awareness to your moment-to-moment experiences with this group workshop. As a wonderful beginning, break or end of the day, this 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.	6–30	1 hour	\$25pp with a \$150 minimum; \$10pp for groups over 30
SERENITY STRETCH Activity Level HIGH Physical Challenge LOW		Break up your meeting with soothing music, stretching muscles and relaxing meditation. Learn how to stretch properly. Understand why stretching is so important to balance, flexibility and strength and helps to decrease the risk of injury and improve posture.	6–30	1 hour	\$25pp with a \$150 minimum; \$10pp for groups over 30

MORE ENERGY

Activity Level **LOW**
Physical Challenge **LOW**

Discover ways to increase energy and maybe even lose weight. Participants can learn what they may be doing to drain their energy and how to manage energy for greater success. Great for group members who complain about flagging energy.

6–30

1.5 hours

\$25pp with a \$150 minimum

FOAM ROLLER CLASS

Activity Level **HIGH**
Physical Challenge **LOW**

Get your group on a roll. During this fun class your group members will learn how to give themselves massages with foam rollers and tennis balls to help break up scar tissue, release muscle tension and rehabilitate injuries. This is a great option for an active break.

6–10

1 hour

\$25pp with a \$150 minimum; \$10pp for groups over 30

STRESS SOLUTIONS

Activity Level **LOW**
Physical Challenge **LOW**

Improve productivity, relationships and even your health by learning how to better handle stress. 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 lives.

6–30

1 hour

\$25pp with a \$150 minimum; \$10pp for groups over 30

IDEAL DEAL DAY

Activity Level **LOW**
Physical Challenge **LOW**

Creative Time Management: Discover what's possible when you look at your daily schedule with fresh eyes and new tools. Get creative time management advice from our Life Coach, and learn how to better arrange your hectic schedule.

6–50

1–1.5 hours

\$25pp with a \$150 minimum

A HAPPIER YOU

Activity Level **LOW**
Physical Challenge **LOW**

Simple Happiness Boosters: Explore simple happiness boosters that can heighten your spirits by up to 40 percent. Come to this happiness workshop, and let our Life Coach show you ways to feel less stressed and more fulfilled starting today.

6–50

1–1.5 hours

\$25pp with a \$150 minimum

WORK/LIFE BALANCE

Activity Level **LOW**
Physical Challenge **LOW**

Learn how to juggle it all. Our Life Coach will teach you some new ways to take control of the chaos.

6–50

1–1.5 hours

\$25pp with a \$150 minimum

ACHIEVE YOUR DREAMS

Activity Level **LOW**
Physical Challenge **LOW**

Goal Setting Workshop: Acquire strategies for uncovering your dream life. In this goal-setting workshop, our Life Coach will teach your team the simple steps to take to get there.

6–50

1–1.5 hours

\$25pp with a \$150 minimum

BELLY DANCING

Activity Level **HIGH**
Physical Challenge **LOW**

Get your hips moving with a fun and unique workout. Your group members will learn the art and long history of the belly dance while also increasing their cardiovascular activity, strengthening their muscles and improving their posture.

6–20

1.5 hours

\$25pp with a \$150 minimum

PLAY STORMING

Activity Level **MED**
Physical Challenge **LOW**

Play involves an active, alert but non-stressed frame of mind. It designs fun, highly interactive workshops, customized to the needs of your organization and team. Workshops include Teambuilding, Creativity and Innovation, Sales and Customer Service, and Leadership and Management Skills.

6–120

2–6 hours

\$50pp per hour; \$500 minimum for groups under 10; reduced rate for large groups at contracted rate

HAND-MIND COORDINATION



		GROUP SIZE	DURATION	PRICE
ZA BOOM BA™ Activity Level LOW Physical Challenge LOW	<p>This program focuses on the phenomenal power of interactive team building with rhythm and drums. Drumming and rhythm promote unity, alignment, depth and drive. This 60-minute session can be the catalyst to help you directly access the total power of true teamwork. Unite your team with shared vision, break down barriers and celebrate success. It's total motivation, collaboration and so much fun.</p>	10–120	1 hour	\$55pp with \$550 minimum; \$45pp for groups over 20
INNER WEALTH™ Activity Level LOW Physical Challenge LOW	<p>This expertly facilitated session will make your group feel invited and inspired regardless of previous experience. Innovation and problem solving begin as a nonlinear process. Integrating the power of the right brain's creativity with the left's linear thought provides access to a wealth of perspectives. Sessions utilize a powerful blend of creative expression, movement and focusing to bring new vision and deepen team understanding.</p>	6–75	1.5 hours	\$35pp with \$350 minimum; \$25pp for groups over 20
HIGH PERFORMANCE Activity Level LOW Physical Challenge LOW	<p>Inspire your team to achieve. We'll help you set the context to influence your team, achieve excellence, promote maximum team efficiency, innovate and deliver beyond expectations. 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.</p>	10–75	1.5–3 hours	\$45pp with a \$450 minimum; \$35pp for groups over 20
MIND MAPPING Activity Level LOW Physical Challenge LOW	<p>Learn to generate, visualize, structure and classify ideas. A mind map is a diagram used to represent words, ideas, tasks or other items linked to and arranged around a central key idea. Mind maps are also used as aids to studying and organizing information, solving problems, making decisions and writing. Our facilitator will teach your group members the fundamentals of mind mapping and help them create several maps.</p>	6–30	1 hour	\$50pp with a minimum of \$150; \$35pp for groups over 15
IMPROV WORKSHOP Activity Level LOW Physical Challenge LOW	<p>Experience an active, lively and hilarious learning environment that your team will love. Bill Murray called improv, "the most important group work since the pyramids." He was right. Our team of local improv instructors incorporates audio, visual and kinetic teaching methods for a workshop that will crack up everyone in your group.</p>	6–120	2–4 hours	Contracted Rate

BLOCK PRINTING

Activity Level **HIGH**
Physical Challenge **LOW**

Learn to carve your own designs into rubber/wood blocks, complete an individual project with ink prints and take home your block to continue printing on cards, stationery, bags, scarves and more. No experience necessary and all materials are included.

6–30

1.5 hours

\$25pp with a \$150 minimum.

LAVENDER SACHETS

Activity Level **LOW**
Physical Challenge **LOW**

Make fragrant lavender sachets, for a variety of uses, then take these skills home and create beautiful gifts for friends and family. Lavender has been used for hundreds of years to treat restlessness because its scent increases brain waves associated with relaxation. So simple and fun to make, these lavender sachets will bless your home with a refreshing scent.

6–30

1 hour

\$25pp with a \$150 minimum.

DISCOVER PERSONALITY

Activity Level **LOW**
Physical Challenge **LOW**

Optimize teamwork by uncovering personality types in your group. to Use this personality assessment tool to improve leadership development, enhance communication, improve team outcomes and increase the bottom line. This workshop includes an online assessment and individual reports, as well as a group presentation. Optional one-on-one coaching is available for an additional fee.

6–30

4 hours

\$55pp with \$550 min;
\$45pp for groups over 20

CREATIVE WRITING

Activity Level **LOW**
Physical Challenge **LOW**

Tell your story. Through writing exercises, we'll help your group members free their minds and explore what waits when they turn off their inner critics and say yes to their 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

1 hour

\$35pp with \$350 minimum;
\$25pp for groups over 20

MIND STRENGTHENERS

Activity Level **LOW**
Physical Challenge **LOW**

Participate in playful games and exercises that help your group members strengthen concentration, listening and critical thinking. You work every other muscle in your body, so focus on the one you use the most — your mind

6–20

1 hour

\$45pp with a \$450 minimum;
\$35pp for groups over 20

VISION BOARD

Activity Level **LOW**
Physical Challenge **LOW**

Help your team members create a collaborative vision for the future. During this hands-on workshop, your team creates and shares dreams, goals and visions by making collages while listening to soft, soothing music.

6–30

1 hour

\$50pp with \$150 minimum;
\$35pp for groups over 15

SKETCH AND DRAW

Activity Level **LOW**
Physical Challenge **LOW**

Unleash your inner Van Gough. In this pressure-free workshop, our facilitators will help stimulate your creativity. But no experience or talent is needed to create something amazing to bring home as a reminder of the day.

6–30

1 hour

Contracted Rate