



Group Activities & Team Building



GROUP EXPERIENCES — *The Breakdown*

- 1 Dynamic Development**
Increase production, work on interpersonal relationships, hone your problem-solving skills and get everyone on the same rhythm with these dynamic activities.
- 2 Adventure Packed**
Actively engage your group out of the office and into the outdoors.
- 3 Culinary Delights**
Spark creative energy and foster innovation. Eat, drink and be merry.
- 4 Texas Culture**
Create a bond and learn something new with traditional Texas activities.
- 5 Social Responsibility**
Engage in teambuilding that gives back. *All social responsibility activities benefit local organizations.*
- 6 The Farm**
Grow together at The Farm at Travaasa with activities centered around nature.
- 7 Wellness**
Harmonize your team with classes that seek to balance both the body and the mind.
- 8 Get Crafty**
Inspire creativity and enhance teamwork through the shared experience of crafts.



		GROUP SIZE	DURATION	PRICE
TEAM CHALLENGES Activity Level CUSTOM Physical Challenge CUSTOM		6–100	2–4 hours	\$45pp, \$270 minimum for two hours. \$20pp each addtl. hour
Navigate through 15-45 minute challenges/games that focus on anything from leadership skills to improving verbal and non-verbal communication. 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				
LAST MAN STANDING Activity Level HIGH Physical Challenge MED		6–100	2 hours	\$45pp, \$270 minimum for two hours. \$20pp each addtl. hour
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.				
LEGO TEAMBUILDING Activity Level HIGH Physical Challenge MED		6–60	1–3 hours	\$45pp, \$270 minimum for 2 hours
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.				
CROSS THE RIVER® Activity Level MED Physical Challenge MED		10–40	3 hours	\$700 base/facilitator/3 hr. block (10–15 participants, includes all materials). \$20pp each addtl. participant. Groups 50+ require 2 facilitators & longer session times.
Dive into the deep end of team development without getting wet. That’s the challenge. Sub-teams of 4-5 members are given a simple task. Use sheets of cardboard to design a vessel, and get at least one team member across the river without them getting wet – in the fastest time! Each team is given a budget and access to the materials they may need and scores points for design and idea presentation. <i>Takes place at The Creek at The Farm.</i>				
SKYHIGH™ Activity Level HIGH Physical Challenge HIGH		12–14	4 hours	\$4000 base, per 3hr block (12-14 participants). Groups 14+ require separate session times. (Off-site experience. requires shuttle logistics.)
By coupling experiential training expertise with iFLY’s indoor flight technology, you get a team experience that opens the door for excellence. To thrive in today’s intense business environment, teams must adapt and innovate in order to succeed. Team members must develop skills for independent-yet-unified action, able to stay focused and collaborative despite distractions, stress or interruptions. The SkyHigh™ process cultivates these capacities.				
X8 INTERACTIVE DRUMMING™ Activity Level LOW Physical Challenge LOW		10–120	1 hour	\$55pp with \$550 minimum; \$45pp for groups over 20
Focus on the phenomenal power of interactive team building using rhythm and drums, both of which promote unity, alignment, depth and drive. This activity could help you access the total power of true teamwork. Unite your team with shared vision, break down barriers and celebrate success. Total motivation, collaboration and so much fun. For more info, visit sourceconsultinggroup.com				

		GROUP SIZE	DURATION	PRICE
INNER WEALTH™		6–75	1.5 hours	\$35pp with \$350 minimum; \$25pp for groups over 20
Activity Level	LOW			
Physical Challenge	LOW			
		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. This activity will help teams discover a new way to tap into their brilliance, creative expression and productivity. Sessions utilize a powerful blend of creative expression, movement and focusing to bring new vision and deepen team understanding. For more information, visit sourceconsultinggroup.com/inner-wealth .		
HIGH PERFORMANCE		10–75	1.5–3 hours	\$45pp with a \$450 minimum; \$35pp for groups over 20
Activity Level	LOW			
Physical Challenge	LOW			
		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. Skills that drive high performance can be learned by any team. For more information, visit sourceconsultinggroup.com/team-building-training		
MIND MAPPING		6–30	1 hour	\$45pp with a minimum of \$150; \$25pp for groups over 15
Activity Level	LOW			
Physical Challenge	LOW			
		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.		
IMPROV WORKSHOP		6–120	2–4 hours	Contracted Rate
Activity Level	LOW			
Physical Challenge	LOW			
		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.		
PLAY STORMING		6–120	2–6 hours	\$50pp /hour; \$500 min. for groups <10; reduced rate for large groups at contracted rate
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.		



2 Adventure Packed

		GROUP SIZE	DURATION	PRICE
PRICKLY PEAR Activity Level HIGH Physical Challenge MED	Try your hand, and foot, at navigating the space above the trees on our state-of-the-art challenge course. Its linear progression culminates with a fantastic 250-foot long flight, soaring over the treetops. The course features elements suitable for a wide range of physical abilities.	6–15	2.5–4 hours	\$45pp with a \$270 minimum
HIKE Activity Level HIGH Physical Challenge MED	Give your group members 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	1 hour	\$25pp with a minimum of \$150; \$10pp for groups over 30
GEOCACHING Activity Level HIGH Physical Challenge LOW	Participate in a real-world outdoor treasure hunt. Try to locate hidden containers, called geocaches, using GPS-enabled devices while exploring our beautiful grounds. Often described as a game of "high-tech hide-and-seek," geocaching involves data analysis, problem solving, orienteering, log marking and benchmarking. The winning team receives certificates and prizes.	6–120	1.5 hours	\$45pp with a \$270 minimum; \$20pp for groups over 30
ARCHERY Activity Level HIGH Physical Challenge MED	Boost your mental attention and connect your breath to physical performance while learning the fundamentals that create the foundation of archery. 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	2 hours	\$45pp with a \$270 minimum
GUIDED FISHING Activity Level LOW Physical Challenge LOW	Join experienced anglers on an excursion to Lake Travis. Using professional equipment and instructions, learn the ropes or enjoy an afternoon on the peaceful waters.	2–30	5 hours	\$45pp with a \$270 minimum; \$35pp for groups over 30
HUNGER GAMES Activity Level MED Physical Challenge MED	Allow your group members to challenge themselves both physically and mentally in this comprehensive team-building activity. Teams will begin to harness each other's individual creativity, physical ability, communication, patience and, most importantly, their willingness to be a part of a unified team	50–100	2–4 hours	\$100pp for 2 to 4 hours of activity (based on group size)

		GROUP SIZE	DURATION	PRICE
BIKE PUMP COURSE Activity Level MED Physical Challenge LOW		2–15	1–2 hours	\$55pp with a \$110 minimum
GIANT SWING Activity Level HIGH Physical Challenge MED		6–25	1–2 hours	\$35pp with a \$210 minimum
POWER POLE Activity Level HIGH Physical Challenge HIGH		6–100	1–3 hours	\$35pp with a \$270 minimum
LOW ROPES COURSE Activity Level HIGH Physical Challenge MED		10–50	1–1.5 hours	\$45pp with a \$270 minimum
BIKE GROUP DYNAMICS Activity Level HIGH Physical Challenge MED		6–30	2–3 hours	\$55pp with a \$330 minimum for 2 hours. \$25pp each addtl. hour



3 Culinary Delights Tips & Tastes

			GROUP SIZE	DURATION	PRICE
IRON CHEF	Activity Level	LOW	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
	Physical Challenge	LOW			
KNIFE SKILLS	Activity Level	LOW	6–100	2–4 hours	\$100 group minimum for 2 to 4 hours of activity; *Plus \$175 chef facilitation fee per group.
	Physical Challenge	LOW			
HAND'S ON COOKING	Activity Level	LOW	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
	Physical Challenge	LOW			
CHILI COOK-OFF	Activity Level	LOW	6–20	2 hours	\$45pp with a \$270 minimum; *Plus \$175 chef facilitation fee per group.
	Physical Challenge	LOW			
JUICING 2.0	Activity Level	LOW	6–10	1.5 hours	\$25pp with a \$150 minimum
	Physical Challenge	LOW			

3 Culinary Delights Sips & Swills



		GROUP SIZE	DURATION	PRICE
TEQUILA EXPERIENCE				
Activity Level	LOW			
Physical Challenge	LOW	6–18	1 hour	\$50pp with a \$300 minimum; *Plus \$175 bartender facilitation fee per group.
BEER TASTING 101				
Activity Level	LOW			
Physical Challenge	LOW	6–18	1 hour	\$50pp with a \$300 minimum; *Plus \$175 bartender facilitation fee per group.
WINE TASTING CLASS				
Activity Level	LOW			
Physical Challenge	LOW	6–18	1–1.5 hours	\$50pp with a \$300 minimum; *Plus \$175 bartender facilitation fee per group.
ART OF THE COCKTAIL				
Activity Level	LOW			
Physical Challenge	LOW	6–70	1 hour	\$45pp with \$270 minimum; \$35pp for groups 31+; *Plus \$175 bartender facilitation fee per group.

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Texas Culture



GROUP SIZE

DURATION

PRICE

TEXAS TWO STEP

Activity Level **HIGH**
Physical Challenge **MED**

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

TEXAS HOLD 'EM

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

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

TEXAS TRIO

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

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

1–1.5 hour

\$65pp with a \$390
minimum

ROPING

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

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

MECHANICAL BULL

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

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

			GROUP SIZE	DURATION	PRICE
STAR GAZING		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
Activity Level	LOW				
Physical Challenge	LOW				
EQUINE ENCOUNTERS		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
Activity Level	MED				
Physical Challenge	LOW				
TRAIL RIDING CLASS		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	\$75pp with a \$450 minimum
Activity Level	MED				
Physical Challenge	LOW				
HORSE PAINTING		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 \$150 minimum
Activity Level	LOW				
Physical Challenge	LOW				
ENCOUNTERS + PAINTING		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
Activity Level	MED				
Physical Challenge	LOW				
HILL COUNTRY BIKE + WINE		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)
Activity Level	MED				
Physical Challenge	LOW				



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The Farm

		GROUP SIZE	DURATION	PRICE
GROUP HARVEST Activity Level MED Physical Challenge MED		10-30	1.5 hours	\$45pp with a \$450 minimum
GROUP FARMFIT Activity Level HIGH Physical Challenge HIGH		10-25	75 min.	\$45pp, with a \$450 minimum
EDIBLE FARM TOUR Activity Level MED Physical Challenge MED		6-50	1.5 hours	\$175/farmer, \$25pp



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Wellness

		GROUP SIZE	DURATION	PRICE
YOGA		6–50	1 hour	\$25pp with a \$150 minimum; \$10pp for groups over 30
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.		
BHAVA: MANTRA & MOVEMENT		6–50	1 hour	\$25pp with a \$150 minimum; \$10pp for groups over 30
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.		
BREATHE FOR ENERGY BALANCE		6–50	1 hour	\$25pp with a \$150 minimum; \$10pp for groups over 30
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.		
MEDITATION WORKSHOP		6–50	1 hour	\$25pp with a \$150 minimum; \$10pp for groups over 30
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.		
SERENITY STRETCH		6–50	1 hour	\$25pp with a \$150 minimum; \$10pp for groups over 30
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.		
MORE ENERGY		6–50	1.5 hours	\$25pp with a \$150 minimum; \$10pp for groups over 30
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.		

		GROUP SIZE	DURATION	PRICE
BELLY DANCING	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
Activity Level HIGH Physical Challenge LOW				
FOAM ROLLER CLASS	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.	6–15	1 hour	\$25pp with a \$150 minimum
Activity Level HIGH Physical Challenge LOW				
MINI BREAKS	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 just \$15 per person. Classes available include yoga, breathwork, active classes and meditation.	6–50	30 min.	\$15pp
Activity Level LOW Physical Challenge LOW				
ADDITIONAL FITNESS CLASSES	Choose from one of the following fitness classes to get your blood pumping and energy flowing: Core-Elation, Bosu, Resistance Ball, Bootcamp, Jump Rope, Hula Hooping, Boost Your Cardio, Zumba, Postural Makeover or Footcare.	6–15	1 hour	\$25pp with a \$150 minimum per class
Activity Level HIGH Physical Challenge HIGH				



7 Social Responsibility

			GROUP SIZE	DURATION	PRICE
MINI GOLF, MANY MEALS		After teams are divided into groups and given a budget, each team will discuss and spend their budget wisely to purchase canned goods. The goal is to create a mini-golf course out of canned goods. At the end of the day the canned goods get donated to a local charity.	6–15	2 hours	\$55pp
Activity Level	LOW				
Physical Challenge	LOW				
EYE SPY SUPPLIES		Groups are divided into teams and sent on a geocaching journey using a GPS navigation system to find items and complete problem solving tasks. At the end of the event, teams must pull their points together to “purchase” school supplies and backpacks, which are donated to a local charity.	6–70	2.5 hours	\$65pp
Activity Level	LOW				
Physical Challenge	LOW				
FIND AND BE KIND		Groups are divided into teams and sent off on a problem solving based scavenger hunt where they will use a GPS Navigation system and clues to earn points. Points are exchanged for large puzzle pieces. When the puzzle is put together, a giant check is formed, made out to the charity of choice!	6–120	2 hours	\$55pp
Activity Level	LOW				
Physical Challenge	LOW				



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Get Crafty

			GROUP SIZE	DURATION	PRICE
BLOCK PRINTING		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.			
Activity Level	HIGH		6–30	1.5 hours	\$35pp with a \$210 minimum
Physical Challenge	LOW				
LAVENDER SACHETS		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.			
Activity Level	LOW		6–30	1 hour	\$35pp with a \$210 minimum
Physical Challenge	LOW				
DISCOVER PERSONALITY		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.			
Activity Level	LOW		6–30	4 hours	\$45pp with \$270 minimum
Physical Challenge	LOW				
CREATIVE WRITING		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.			
Activity Level	LOW		6–20	1 hour	\$35pp with \$210 minimum
Physical Challenge	LOW				
MIND STRENGTHENERS		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			
Activity Level	LOW		6–20	1 hour	\$35pp with a \$210 minimum
Physical Challenge	LOW				
VISION BOARD		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.			
Activity Level	LOW		6–30	1 hour	\$35pp with \$210 minimum
Physical Challenge	LOW				

			GROUP SIZE	DURATION	PRICE
SKETCH AND DRAW		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	\$35pp with \$210 minimum
Activity Level	LOW				
Physical Challenge	LOW				
FLOWER ARRANGING		Learn the tips and techniques that the florists use to make a unique fresh flower bouquet. Discover how to design elements to expand your own creative vision as you make your personal arrangement. Each person will be provided with an array of fresh flowers to choose from, as well as a mason jar vase for taking home.	4–8	1 hour	\$45pp with a \$180 minimum
Activity Level	LOW				
Physical Challenge	LOW				

Please note that all activities, pricing and availability are subject to change. Contact a Sales or Events Manager at sales@travaasa.com to make specific arrangements and/or inquire about current pricing.

