



# TEAM BUILDING & GROUP ACTIVITIES



## Dynamic Corporate Activities

Providing 100% participation based, fun interactive teambuilding, ice breakers, corporate entertainment, activity based corporate functions and family fun days. Activities range from active, sporting, creative, strategic to just letting your hair down with wild and wacky fun whichever suits your needs.

**Email:** [jaco@corporateactivities.co.za](mailto:jaco@corporateactivities.co.za) **Web:** [www.corporateactivities.co.za](http://www.corporateactivities.co.za)



## Laugh Out Loud

LAUGH OUT LOUD brings to you regular fun, and social quiz nights as well as special quiz events for all occasions. Our quiz nights/events are dynamic and varied. We host regular quiz nights at great restaurants and pubs in Cape Town.

**Email:** [liz@laughoutloud.co.za](mailto:liz@laughoutloud.co.za) **Web:** [www.laughoutloudweb.wordpress.com](http://www.laughoutloudweb.wordpress.com)



## SACATO

Are you wanting to learn how to dance Salsa, Bachata & Kizomba and join the local Afro Latin dance scene? We teach from absolute beginner and will guide you step by step in our friendly, comprehensive and fun classes.

**Email:** [info@salsacapeTown.co.za](mailto:info@salsacapeTown.co.za) **Web:** [www.salsacapeTown.co.za](http://www.salsacapeTown.co.za)



## Gaming Events

Enjoy the thrill of breaking the bank, become a paper billionaire or loose a fortune. Either way we will make sure you & your guests are having the time of your life!

**Email:** [info@gamingevents.co.za](mailto:info@gamingevents.co.za) **Web:** [www.gamingevents.co.za](http://www.gamingevents.co.za)



## ArtJamming

Whether it's playing, painting, sponging or spraying, it's about putting on an apron to face a blank canvas and unleashing your own individual creativity that makes Artjamming™ the most fun you can have with a paintbrush. Artjammers are provided with a various size canvases, easels, a choice of non toxic acrylic paints on tap, brushes and tools to freely express themselves.

**Email:** [messy@artjamming.co.za](mailto:messy@artjamming.co.za) **Web:** [www.artjamming.co.za](http://www.artjamming.co.za)



## Paint & Sip

Unleash your inner artist! Uncork your creativity as an experienced local professional artist takes you step by step through the process of creating your own masterpiece all for a great cause! Paint & Sip events are designed for all artistic levels from those who haven't picked up a paintbrush before, to advanced artists.

**Email:** [info@call2care.org.za](mailto:info@call2care.org.za) **Web:** [www.call2care.org.za](http://www.call2care.org.za)



## Laughter Wellness

'Laughter Wellness' is based on Scientific Fact that your body cannot distinguish between Fake Laughter and Real Laughter.

This means any time you Laugh, whether simulated or real, your body releases a combination of HAPPY, Positive, Feel Good Chemicals and Hormones, called the 'HAPPY COCKTAIL' into your bloodstream. You will be left feeling Energize, Happy & Wanting to Return. Increases Conference Energy, enhances Delegate Engagement and improves Mental Alertness.

**Email:** [laughtersessions@telkomsa.net](mailto:laughtersessions@telkomsa.net) **Web:** [www.laughtersessions.co.za](http://www.laughtersessions.co.za)

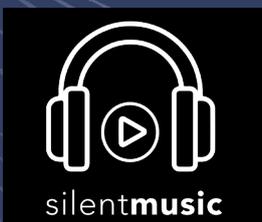


## Meraki Wellness

Connecting body, mind, and soul through Yoga, NLP, and Life Coaching.

Founded by Debbie, passionate about making wellness fun, accessible, and transformative. Offering Yoga Classes, Wellness Days, and Retreats that blend mindfulness, meditation, and breathwork to inspire balance and self-growth. Be yourself. Be your best self. Meet me on the mat.

**Instagram:** @merakiwellnesscpt | **Facebook:** Meraki Wellness



## Brush & Beats – A Creative Musical Experience by the Sea

Price: R550 per person | Special Group rates for 30 guests or more.

Unleash your inner artist with a morning or sunset Brush and Beats Art and Music experience, designed to inspire and unwind.

Enjoy a guided painting session with Antoinette's Art—and take home your very own masterpiece! Elevate the experience with wireless headphones offering three unique music channels to set your creative mood.

**Book your spot:** [Soretha@silentmusic.co.za](mailto:Soretha@silentmusic.co.za) | **Mobile:** +27 72 688 3066