



Midland
ESCAPE



Corporate Wellness
Package for the
Horse & Jockey Hotel



THE HORSE & JOCKEY
★★★★



Improve the Health & Well-being of your Employees

Our packages are designed to develop camaraderie within your group, improve teamwork & communication and enhance staff retention.

Through physical exercise, relaxation and activities, we empower people and equip them with the tools required to take better care of their health and well-being.

Contact us today to make a booking: info@midlandescape.ie | 0872867880

Remote Activities



- Team Building Activities
- Yoga
- Evening Entertainment
- Drinks Tastings
- Laser Clay Shooting

- Motivational Speakers
- Mindfulness Talks
- Meditation
- Axe Throwing
- Archery

- Cocktail Making
- Qi Gong
- Barbeques
- Prosecco & Painting