

Archery



Focus on mindfulness: How archery promotes concentration

In our fast-paced world, many people find it difficult to concentrate on one thing and live in the moment. Here, archery as a mindfulness exercise can be a valuable help. Because when shooting with bow and arrow, attention is focused on the moment and the senses are sharpened. Participants have to concentrate completely on their breathing, posture and the shot. At the same time, archery promotes calmness and relaxation, which are important for conscious perception.

Topic / Methaphor:

- Activation / Ice breaker
- Change
- Mindfulness
- Team

Group Size:

- 10-20
- 20-40
- from 50 pax.

Duration:

one hour

Season:

- All-season
- Outdoor

Price Per Person Up

€ 45,00