

# INNERWALK TEAM BUILDING



innerteam

Incentive Sound Journeys to the most beautiful places in Ticino with Sound Artists and Team Building Facilitators to reinforce the sense of Belonging and Cohesion within your Corporate Team.



ADVENTURE



LIVE SOUND JOURNEYS



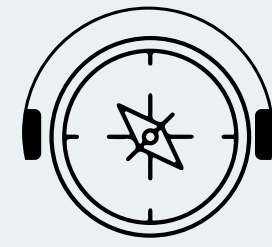
PHYSICAL TRAINING



GUIDED MOVEMENT







# Example 1

## VALLEMAGGIA

## WATERFALLS TOUR

- 08:40 Meeting at Locarno Train Station
- 08:51 Bus 315 Giumaglio (arrival in Giumaglio at 09:24)
- 09:30 Visit the first Energy Place: Giumaglio Waterfall
- 10:00 Innerwalk Introduction + Team Building and Authentic Relating + Ecstatic Dance with Live DJ
- 12:30 Bus Giumaglio - Maggia (arrival at 12:35)
- 11:35 Visit the second Energy Place: Maggia Waterfall, Innerwalk Sound Meditation in front of the Waterfall
- 14:00 Picnic Lunch with LUNCH BOX & Sharing
- 15:35 Bus Maggia - Locarno (arrival at 16:10)



# OUR TOURS



**TOUR CASCADE VALLEMAGGIA**  
■ 2 Cascade + PIC NIC



**MONTE GENEROSO**  
■ 20' WALK + Restaurant Lunch



**MONTE GAMBAROGNO**  
■ 40' WALK + PIC NIC



**MONTE LEMA LUGANO**  
■ 20' WALK + PIC NIC



**BRISSAGO GIARDINO**  
■ Guided Tour Botanical Garden



**LAGO SALEI**  
■ 30' WALK + Hut Lunch



# OUR INGREDIENTS

TRAVELING

SENSE OF BELONGING

LEADERSHIP GAMES

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ADVENTURE

DIGITAL DETOX

EMPHATIC COMMUNICATION



# INNERTEAM TOUR

+GUIDED EXCURSION

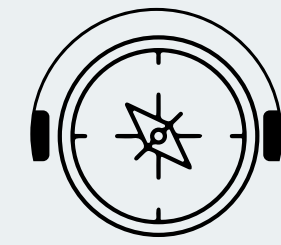
+TEAM BUILDING EXERCISES AND AUTHENTIC RELATIONSHIPS

+IMMERSIVE SOUND JOURNEY +DJ SET / SOUND ARTIST

+MEDITATION WITH PANORAMIC VIEW

+LUNCH WITH LOCAL PRODUCTS  
PIC NIC BY ECO-HOTEL CRISTALLINA





# innerteam

Let's visit Natural Energy Places with Michela Di Savino, Innerwalk Project founder, Team Building Specialist together with Alex Dawson, Sound Artist.

We will be your guides for the day, with the mission of promoting better self-knowledge and self-perception within your team.

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