



we are
blooming

we are
blooming

teamwork is the key to succes

blooming inspires. blooming drives. With our three locations, the blooming hotel, Het Hof and Beach, blooming gives you the opportunity to upgrade your meeting your event or your party in a unique way. The activity that you choose depends on the size of the group, the purpose of the activity (relaxation, learning to work together, etc.) and the location which you prefer.

For every meeting and for every group of people we can offer you a fitting activity. blooming collaborates with multiple different (local) professionals. This means that the activity is always led by a personal, passionate, guide who will inspire the group.

booking an activity

Our sales department would love to discuss the different options with you. Depending on the size of the group, the weather conditions and your wishes we will put together an exciting program with the activities of you choosing.

Contact us via yourbusiness@weareblooming.com or call us on (+31)072-5820520.





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move your body

bootcamp & teambuilding

Group sports in the beautiful surroundings of Bergen, under the guidance of a top athlete and nature guide from Bergen.

Keep yourself and your team vital with our personal trainer's sports classes. With exercises, training principles and team-building activities, you will create an energetic, healthy and successful meeting. Start the workout with a bootcamp session or interrupt an intensive meeting with a team-building activity. The training sessions by our trainer are tailored to the group and your needs. You can choose from the following themes;

boot camp is an intense and creative way to train your body and mind. The sessions consist of conditioning and muscle exercises using your own body and the elements of nature. The intensity of the workouts are tailored to the group. The boot camp classes can be held indoors and outdoors. There are no excuses!

With the **teambuilding activities** of our personal trainer you work in a fun way on way to work better together and create a good group dynamic for during the meeting. With a teambuilding lesson, you will improve your competences such as communicating and organising.

In **personal training sessions**, each participant sets a goal. This can be anything. From endurance to strength, but also stress management or ability to concentrate. Our trainer gives personal advice and tips and puts the activities together so that each participant can achieve his or her personal goals. This can be done individually but also in pairs or with a group.

price up to 12 persons **€ 299 per hour**
duration **min. 60 minutes**

price 13 - 20 persons **€ 365 per hour**
duration **min. 60 minutes**

price 21 - 30 persons **€ 465 per hour**
duration **min. 60 minutes**

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blooming
activities

learn something new

poetry workshop

Rust.nl

Poetry workshop with Arij van der Vliet, village poet of Bergen.
Poetry from the heart.

Learn to write poetry as the poets of Bergen have been doing for centuries. With this workshop, you'll interactively explore the art of poetry. Village poet Arij van der Vliet knows how to bring out the poet in everyone like no other.

Per person: **€ 22⁵⁰**
Minimum 10 participants

A workshop lasts at least one hour and is entirely tailored to your needs. We would be happy to discuss the content with you so that we can determine together what fits best into your program.



cocktail workshop

A professional bartender from Shake Kings teaches you how to shake the most delicious cocktails yourself.

After a brief explanation of the history of cocktails, the use of cocktail tools, alcohol, and other fun facts, you get to work with a well-crafted menu. Serve the cocktail in matching glassware with garnish and taste your own creation. Both alcoholic and non-alcoholic cocktails are possible.

price **€ 49⁵⁰ per person**
group size **from 10 persons**
duration **1,5 hour**



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drawing & painting

drawing and painting workshops

The drawing and painting workshops by our “house” artist Inge Koetzier van Hooff bring out the artist in you in an educational and fun way!

draw each other

This workshop is creative, educational, lively and informal. Suitable for all ages and levels of experience. You see and draw each other differently - with an artist's eye. You'll learn to look at each other differently, focusing on details so you learn to recognize the beauty of imperfections. The result is a series of smooth and highly original sketches of each other.

price to 4 persons **€ 340**
price 5 to 15 persons **+ € 80 per person**
duration **2 hours**

portrait drawing

A workshop where you will learn a comprehensive basics of portrait drawing. You will practice portrait drawing in instructive, relaxed and creative ways.

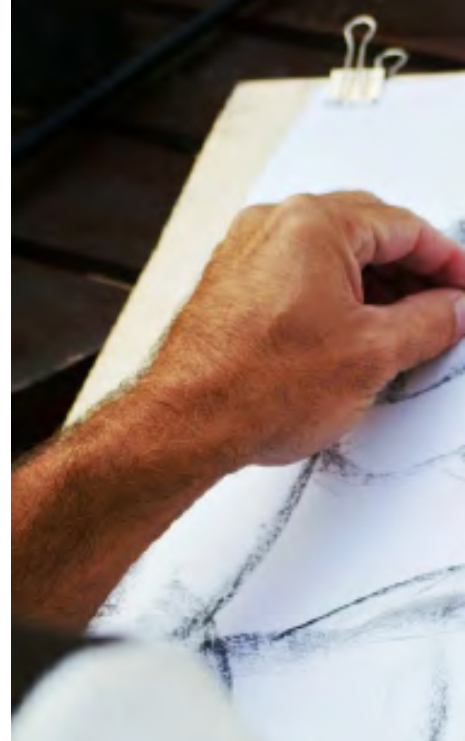
price to 4 persons **€ 365**
price 5 to 15 persons **+ € 85 per person**
duration **2 hours**

still life | flowers & leaves

Inspired by the beautiful forest around blooming. Learn to loosely put the beautiful leaves and flowers on paper. You will learn to draw and paint with special pencils. Learn to look and experiment with colors.

price to 4 persons **€ 340**
price 5 to 15 persons **+ € 85 per person**
duration **2 hours**

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blooming activiteiten

drawing tour

During the Draw Tour, you will view and draw your surroundings like an artist. We always alternate a few minutes of walking with a few minutes of drawing. You will learn to look carefully and sketch smoothly, developing not only your drawing skills but also your powers of observation. In case of bad weather, the drawing tour can be done inside the hotel. A creative and inspiring workshop.

price to 4 persons	€ 340
price 5 to 15 persons	+ € 85 per person
duration	2 hours

wine & drawing

A workshop where you learn to draw and paint a Burgundian still life while enjoying delicious wine and nuts. In a relaxed and instructive way you will learn to look, build your drawing and paint what you see.

price to 4 persons	€ 435
price 5 to 15 persons	+ € 105 per person
duration	2,5 hours

**price includes the workshop, three glasses of blooming wine & nuts*

For larger groups the prices are on request.

These workshops can be held in your meeting room. Do you want to book a separate room for the workshops? Please note that we will charge room rent.

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blooming activiteiten

chair massage

Give your team a 'pat on the back' with a delightful chair massage from Chaja Massage.

A chair massage is a targeted method to alleviate and prevent stress and work-related complaints. By stimulating blood circulation and increasing oxygen supply to the brain, participants feel rejuvenated afterward and are better equipped to handle stress. No massage oil is used, and the massage is performed through clothing. A massage on a specially designed ergonomic and mobile massage chair can be given practically anywhere. A chair massage takes approximately 20 minutes per person.

price: **€85⁰⁰ per hour**
group size: **3 persons per hour**
duration: **minimum 1 hour**

relax and unwind...

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blooming activiteiten



Qi Gong

Qi Gong is a practice rooted in Eastern medicine that aims to enhance your vitality.

During the workshop, under the guidance of a genuine Qi Gong master, you will engage in body and breath movements. These movements are integrated into themes tailored to situations encountered in the workplace and daily life. Practicing Qi Gong in nature enhances the effectiveness of the healing method. The Qi Gong session lasts approximately one hour. No special clothing or footwear is required. The lessons are accessible to everyone and suitable for all ages.

price	€ 310⁰⁰ per session
group size	unlimited
duration	1 à 1,5 hour



y o g a

The yoga classes are suitable for anyone looking to improve their physical, mental, emotional, or spiritual well-being..

You don't need to be flexible or strong for it. Yoga actually helps to enhance flexibility and strength. Through proper alignment, you can support the body in its natural recovery.

price	€ 310 per group*
group size	6 - 15 persons
duration	1 hour

**price on request for groups largen than 15 persons*

blooming activiteiten

mountainbiking

One of the most beautiful mountain bike trails in the Netherlands is located at only a stone's throw away from blooming hotel.

You will discover the beautiful dune area of Schoorl and Bergen under the guidance of a professional guide. You'll start by learning how to control the mountain bike before you'll start the challenging ride. Helmet, water bottle and a strong bike that suits your length are included. Experience is not a requirement.

price clinic	€ 40⁰⁰ per person
price bike rent	€ 28⁰⁰ per person
group size	1 to 10 persons
duration	1,5 - 2 hours

For groups larger than 10 people, we charge an additional €175⁰⁰ for an extra guide.

rent a bicycle

Explore the surroundings of blooming on two wheels. We have the following types of bikes in our range;

e-bike	32⁵⁰ per day
city bike (3 gears)	15⁰⁰ per day
mountainbike	28⁰⁰ per day
electric mountainbike	42⁵⁰ per day

renting bikes

Please contact us in time to reserve bikes. We need at least 2 days to reserve the bikes for you.





blooming
activiteiten

go out and explore..

hike and bike tours

There is a lot to see and so in the beautiful surroundings of Bergen.

This can be experienced in various ways, under the guidance of a nature guide that knows the whole area:

culture, history and art (cycling)

Bergen is originally an artists' village. The village's location, surrounded by forest, dunes and sea, inspired many painters, writers and architects. During this tour, you will get to know this wonderful culture.

price
1,5 hours

up to 10 persons
€ 125⁰⁰

from 10 persons
€ 170⁰⁰

nature (walking & cycling)

A trip through woods and dunes around and near blooming hotel, Het Hof or from the hotel to the beach.

price
1 hour walking or cycling
1,5 hours walking or cycling

up to 10 persons
€ 85⁰⁰
€ 125⁰⁰

from 10 persons
€ 115⁰⁰
€ 170⁰⁰

please note that for the bike tours, the prices do not include bike rental.



out-of-the-boxclub

The workshop gets you nicely into your body with active exercises. There is new knowledge and experience about (letting go of) stress.

An active training from the soft side of martial arts. Daring to take up space. Meeting your colleagues in action. Activating all parts of your body, allowing you to get through the day as a whole and complete person. From the inner smile, you learn to respond appropriately with soft eyes even when things get tense.

duration **1 to 1.5 hours**
group size **10 to 50 persons**
price **350⁰⁰** additional price for 30 minutes: 75⁰⁰
excl. travel costs for the trainer

relaxing into not-knowing

A creative workshop for the entire body.

Creativity, wonder, and unforeseen possibilities can more easily arise when you don't have all the answers. But how do you make space for that in this time when you're expected to know, understand, act, do, and move forward? Relaxing into not-knowing allows you to play with uncertainty and discomfort.

duration **1 to 2.5 hours**
group size **10 to 25 persons**
price **625⁰⁰** additional price for 30 minutes: 75⁰⁰
excl. travel costs for the trainer

confluence

An inspiring walk with two other colleagues, with precise instructions.

A walking method as an introductory activity and as a form in which colleagues coach each other in a work-related question in a deepening manner. With questions like "What challenges are you facing?", "What are you passionate about?" and "What do you want to let go of?", colleagues get to know themselves and each other better and practice a dialogue technique that they can also apply in the workplace.

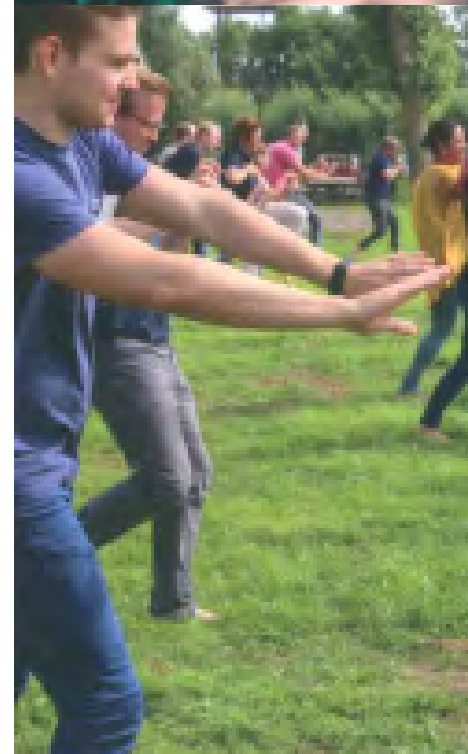
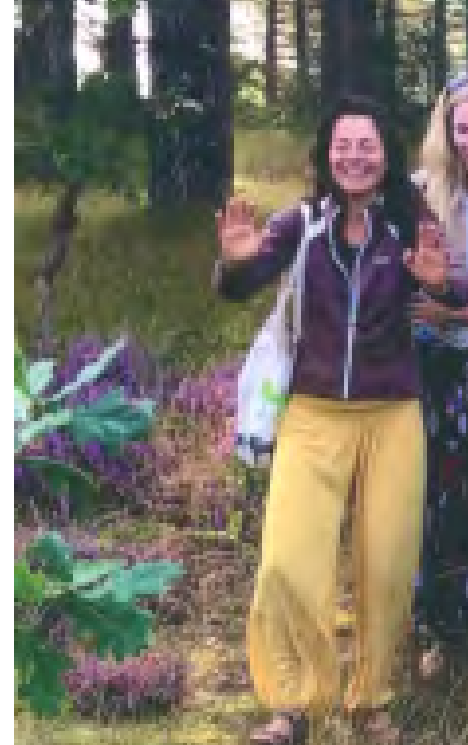
duration **0.5 to 1.5 hours**
group size **10 tot 50 persons**
price **350⁰⁰** additional price for 30 minutes: 75⁰⁰
excl. travel costs for the trainer

meditation in motion

A relaxing training session featuring exercises from the wonderful world of TAO.

With simple, fluid movements, energy flows more freely. The exercises are tailored to themes relevant to situations encountered in the workplace. The power of soft eyes and the inner smile can be utilized in various work scenarios.

duration **0.5 to 2.5 hours**
group size **10 to 500 persons**
price **350⁰⁰** additional price for 30 minutes: 75⁰⁰
excl. travel costs for the trainer





journey to earth

A workshop where we inspire each other in ways to live in connection with the Earth..

Journey to Earth is a workshop where we, with the participants, explore forms of urgently needed new connections with Mother Earth. From a sense of wonder about how it works, for ourselves, for you, for others. How do we redirect our gaze, our feelings, and our attention back to the Earth itself, instead of towards the sky, the sun, or Mars?

duration	from 45 minutes
group size	15 to 30 persons
price	485⁰⁰ additional price for 30 minutes: 75 ⁰⁰ excl. travel costs for the trainer



workshop of NOTHING

In this workshop, you literally make space for NOTHING.

We're constantly on the go, running from one thing to another. When do we make space to truly do absolutely nothing? Learn why doing NOTHING is important. Why our incessant goal-oriented actions and thinking don't lead to solutions for the problems we face, but rather make these problems worse. NOTHING is the solution.

duration	from 45 minutes
group size	15 to 30 persons
price	485⁰⁰ additional price for 30 minutes: 75 ⁰⁰ excl. travel costs for the trainer



get out of your head..

roll up your sleeves

get the clay small

An expressive meditative workshop about connection with yourself and others.

In this workshop, you learn to give chance a place and to let go of perfectionism and judgments. With your hands in the sea clay, you come to yourself. Your fingers intuitively sculpt a shape. There is no right or wrong. Beauty or ugliness play no role. Hands find each other. The connection is established in an unexpected way. Learn about the wisdom of the material. How spontaneity and chance lead to great expressiveness and vision.

duration **1.5 to 2.5 hours**
group size **10 to 20 persons**
price **625⁰⁰** additional price for 30 minutes: 75⁰⁰
excl. travel costs for the trainer

building on embroidery

The mind is often faster than the body. Sometimes it's good to slow down.

We look at things all day long, but do we truly see them? This workshop is an exercise in seeing, where we use the slowing effect of embroidery to gain insight into the differences and similarities in personal vision.

duration **1 to 2.5 hours**
group size **6 to 30 persons**
price **625⁰⁰** additional price for 30 minutes: 75⁰⁰
excl. travel costs for the trainer

office language

By playing with words from the workplace, you discover the space, humor, and precision of language.

In what ways do we use language, and what assumptions, misunderstandings, and wonders are embedded in this use? In this workshop, you will playfully engage with workplace language. It's designed for colleagues who love language and words, seeking a poetic and humorous experience to apply in their own work.

duration **45 minutes**
group size **6 to 60 persons**
price **485⁰⁰** additional price for 30 minutes: 75⁰⁰
excl. travel costs for the trainer





beach clean up tournament

it's time for a clean up!

The game begins with a brief introduction to Love Not Waste, the impact of a clean-up action, and the rules of the Beach Clean Bingo Game. Then, we start in teams to collect as much litter as possible using the bingo card. After 60 minutes of play, we gather to review our clean-up haul and see how much each team has managed to clear off the card. We share our findings and then weigh the total result. We discuss the effects of the clean-up, and finally, it's time for the award ceremony. The winning team receives the team prize, and we celebrate the overall result with a cheerful group photo and the completed results board.

The total duration is approximately 2 hours, and the explanation and guidance can be provided in both Dutch and English.

duration	circa 2 hours
rate 10 - 15 persons	355⁰⁰
rate 15 - 30 persons	655⁰⁰
rate 30 - 50 persons	955⁰⁰

teambuilding & games

beach experience

An athletic beach program with eight games. Which team will perform the best? Only one team can win!

Beach volleybal

Have you paid close attention to the matches of European champions Nummerdor and Schuil?

Ultimate Frisbee

This combination of rugby and frisbee doesn't require strength, just effort..

Sand sculpting

What are you going to build? A castle? A dragon? Or something else completely?

Flag-Football

American football, but without the suits and the tackles. Bring the ball across the back line without your flag being grabbed by the someone of the opposite team.

Tug-of-War

Who's the strongest in the sand?

Powerkiting (max 15 persons)

A professional will teach you how to kite with a real, big power kite.

Jeu des Boules

The game with the balls. The point of the game is to throw your ball as close as possible to the smaller wooden ball.

Archery

Learn to shoot a bow and arrow just like Robin Hood!

price per person from 10 - 20 persons	€ 32 ⁵⁰
price per person from 20 - 100 persons	€ 24 ⁵⁰
duration	2 hours





blooming activiteiten

breaking the waves

Defy the waves of Bergen aan Zee with these trendy games.

Surfing

After the instructions on the beach, you will go into the sea with the instructor and 'ride' your first waves.

Body boarding

Body boarding looks a lot like surfing, but you stay lying down on your board. First you will break the waves and then you will wait for the perfect wave to bring you back to shore.

Rafting

Work together, paddle fast and keep your balance. Take a breath behind the waves and grab the next one to raft back to shore.

Power kiting

A professional will teach you how to kite with a real, big power kite.

Stand-up Paddling (SUPPEN)

Defy the water with a large surfboard and a long paddle. Learn the basic techniques and make a nice trip along the coast.

Speedboot ride / Banana ride

For the ones who love speed! Ride along with a superfast speedboat. Or challenge the boat driver by staying put as long as you can on the rubber banana. Our boat driver will do everything he can to shake you off!

Price per person | from 10 to 20 persons **€ 32⁵⁰**
Price per person | from 20-75 persons **€ 24⁵⁰**
duration **2 hours**

breaking the waves is wheater dependent

blooming activities

o u t d o o r t e a m b u i l d i n g g a m e s

Team spirit and concentration are put to the test with these six game elements .

Building Bamboo

Who build's the highest tower? Who makes the most beautiful sculpture? You can only use bamboo and rubber bands.

Slingshot challenge

Who will build a good slingshot as quickly as possible and be able to shoot the various balls into the teammates' hoop?

Watercours

Be the first to fill the bucket, a relay race where the trick is to waste as little water as possible?

Tangram

Lay down 7 pieces of jigsaw in the depicted form as quickly as possible.

Laddergolf

Score as many points as possible by throwing the bolos onto the rack of the other team.

Portable Radio Puzzle

Give instructions via the portable radio to solve your puzzle as quickly as possible.

price per person | from 10 - 25 persons € 32⁵⁰
price per person | from 26- 100 persons € 24⁵⁰
duration 2 hours
min. 6 persons

weareblooming.com





do you dare?

Wim Hof Fundamentals

Put yourself in the expert hands of a certified WHM instructor to learn the 3 pillars of the Wim Hof Method.

The Wim Hof Method is a science-based method that consists of three components: Breathing techniques, cold training, mind-set/focus.

Health, resistance, energy and stress are part of all of René Valk's programs. René Valk is a certified instructor to teach the Wim Hof team building workshops. Breathe in and live it up!

Workshop Powerbreathing

The energetic start of every meeting. Connect with your body through correct breathing and thus ensure better concentration during the meeting.

price per person	on request
group size	15 persons or more
duration	1 hour

Workshop Powerbreathing & Stress management

A combination of the Powerbreathing workshop and the partial cold workout (arms and legs); Icebox Experience.

price per person	on request*
group size	15 persons or more
duration	2 hours

Workshop Wim Hof Method Full Experience

Discover how to use oxygen and exposure to the cold to optimize the body and mind, and learn about the underlying physiology. (Icebox Experience) (arms and legs only is also possible)

price per person	on request*
group size	15 persons or more
duration	4 hours

The above rates include VAT and are only valid in combination with a meeting package. The workshops can also be booked without a meeting arrangement. Please contact us for the rates.