



BRING YOUR TEAM TO ECC *Creative, embodied experiences for teams who want to connect, create, rest & do something a little different.*

Electric Cottage Collective is a creative coworking, wellness, and community space in Brunswick, Maine. We design experiences that invite people to move, make, rest, and connect without the usual corporate wellness clichés. Come to ECC, have one of our teachers travel to you anywhere in Maine, or let us create a virtual experience for your remote team. Whether you're planning a staff retreat, team gathering, professional development day, celebration, or simply need an excuse to get everyone out of the conference room, we'd love to create something with you.

◆ MOVE TOGETHER

Get out of your heads and into your bodies with movement experiences designed for all kinds of teams.

Dance • Yoga • Barre • Embodied team-building

We also offer trauma-informed yoga designed specifically for teams whose work involves supporting people impacted by oppression, trauma, or marginalization.

Starting at \$350

◆ MAKE TOGETHER

Play, experiment, and make something with your hands. No artistic experience required.

Printmaking • Collage • Art-making • Craft workshops

Starting at \$450

◆ SLOW DOWN TOGETHER

A chance to step away from the productivity machine and actually pause.

Restorative yoga • Sound bath • Meditation • Guided rest
Starting at \$350

◆ GATHER TOGETHER

Want something a little more custom? We'll build an experience around your team. Combine movement + creativity + reflection + conversation, or dream up something entirely your own.

Half-day experiences starting at \$750

◆ WHY ECC?

A different kind of team experience.

We believe connection isn't a perk. Rest isn't something you have to earn. Creativity isn't just for artists. And people don't need another activity designed to make them more productive. Our programming is rooted in collective care, accessibility, creativity, embodiment, and community. We can accommodate groups of up to 14 people at ECC and can tailor experiences to your group's needs, interests, and budget.

GOOD FOR

Staff retreats • Team gatherings • Professional development • Celebrations • Nonprofit teams • Creative teams • Remote teams • Community organizations • Or just, "We need to do something besides sit in a conference room."

◆ WANT TO CREATE SOMETHING TOGETHER?

Tell us a little about your group and what you're imagining. We'll take it from there.

Electric Cottage Collective

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electriccottagecollective.com

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◆ COMMUNITY EXAMPLES



The Bowdoin Health & Wellness staff team celebrated the end of another successful year with an afternoon of block printing followed by a Body Language dance cardio class.



The Parkview Health A.C.T. Team celebrated a special staff retirement with a sound bath, potluck, and a crafty afternoon stamping their own tote bags together.