



**PERLA SOFÍA  
CURBELO-SANTIAGO:**

Workshop Guide; Book Author,  
Certificate in Horticulture Therapy  
from Chicago Botanic Garden & Founder of  
Agrochic.com

Imagine a workplace where your team feels rejuvenated, open to discussion, and genuinely curious about each other. The **#GardenBreak Experience (xGB)** offers a nature-inspired, hands-on session that fosters collaboration, creativity, and community. Through a **professionally guided** and interactive gardening project, your team will learn how nurturing plants mirrors self-care, while developing problem-solving skills in a relaxed, low-pressure environment. Participants will leave feeling proud, engaged, and eager to learn more, creating a positive ripple effect in their day-to-day work. Smiling faces, relaxed minds, and people present in the moment will be your new norm.

**Why choose a garden  
break experience?**

Because investing in your team's well-being means investing in a workplace filled with energy, collaboration, and fresh ideas, whether you're looking to boost morale, inspire creativity, or simply offer a fun break, this unique experience will strengthen bonds and create lasting memories that employees can take with them beyond the office.

**SIGNS WHEN YOU  
NEED A BREAK:**

- ✔ **Fidgetiness**
- ✔ **Hunger**
- ✔ **Drowsiness**
- ✔ **Bad Mood**
- ✔ **Anxiety**

**Give your team a  
GARDEN  
BREAK**



**Transform your team dynamics with a nature-based experience**

**CRAFTED BY  
AGROCHIC**

# TIPS FOR A GREAT GARDEN BREAK:

- ✓ Schedule it
- ✓ Know ahead of time where you will have your break
- ✓ Know ahead of time what you will do on your break
- ✓ Clock your break
- ✓ Stretch yourself
- ✓ Drink water

**BOOK YOUR  
#GARDENBREAK  
TODAY!**



**Email: [perlasofia@agrochic.com](mailto:perlasofia@agrochic.com)  
Visit: [agrochic.com/garden-break](https://agrochic.com/garden-break)  
Text or call: 787.379.3343**



*We do online & soil-less experiences!*

# OUR BUNDLES:

- ✓ **“Rooting for the Team”**  
**Seasonal-themed terrarium experience:** 40-minute session (All materials included).  
**PDF document:** How to take care of the terrarium. Plus, a **15-minute presentation**.
- ✓ **“Bloom & Balance”**  
Everything in the “Rooting for the Team” Bundle plus:  
**45-minute presentation: Targeted for Owners/HR leadership** (A different day of the experience).
- ✓ **“Landscaping Success”**  
Everything in the “Bloom & Balance” Bundle plus:  
**Garden Break planner:** A tool to help organize and implement daily Garden Break activities; **1 Hour- Consultation with Perla Sofía Curbelo-Santiago:** Planning Nature-Based Events in the New Year for the Workplace Wellbeing (Post Experience).