

PARTNER WITH US

2025

The
**PLAY
DATE**TM

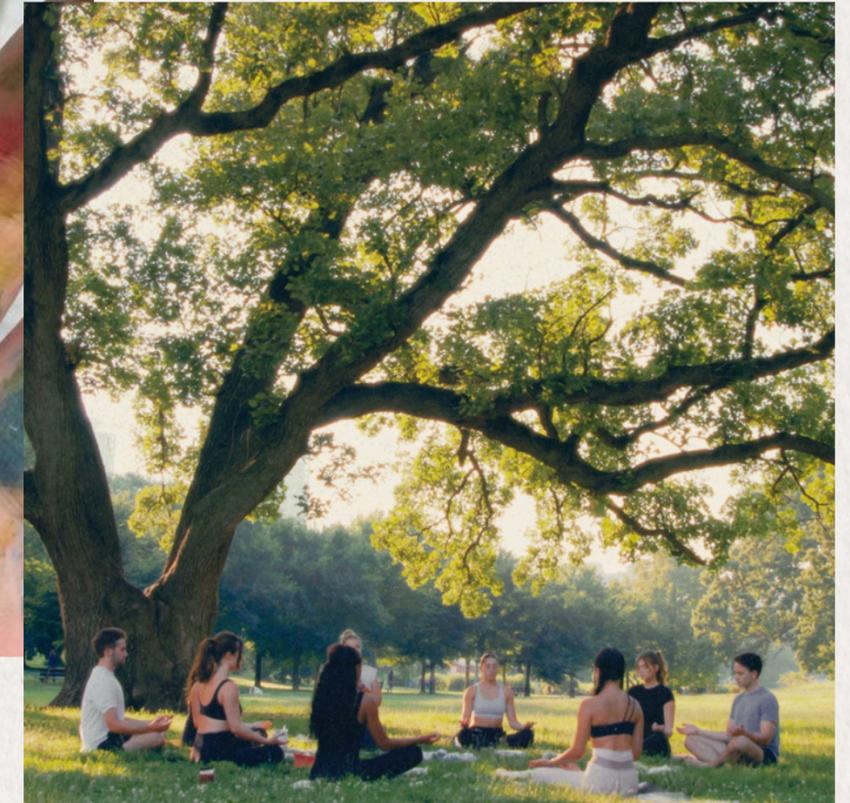
playing since 1999



The Play Date is as the phrase suggests, a “play date” for adults. Designated time to move your body, let your mind wander and unwind your spirit through what we *used* to do best, *PLAY*.

The experience is a conscious order of events to calm the nervous system, move stuck energy and create mind, body, breath connection.

Play is not a luxury, it's a vital component of growth, expression and energy. This experience is about replacing routine with rhythm, and burnout with rest, to ultimately live a more creative life. We find that this practice brings a higher vibration to everything else.



CREATIVITY

Our core belief is that everyone is creative. The term “creative” is often put in a box, ironically given limits, like being a title for only select few. Creativity isn’t meant to be defined, it takes many forms and exists as a way of thinking, being and living.

We are born curious creatures, exploring everything, wandering effortlessly, trying new things shamelessly. Creativity is intuitive at this point in our life because we haven’t learned to shut down, judge, and fear. Play is a critical piece of what allows our creativity to exist, and maybe that’s why we lose touch with it over time. Our schedules become less play-centric every year.

Rather than being a condition of our environment, or a specified time and place, we believe “play” relies on the state of our inner narrative, the connection we make to our mind, body and spirit daily.

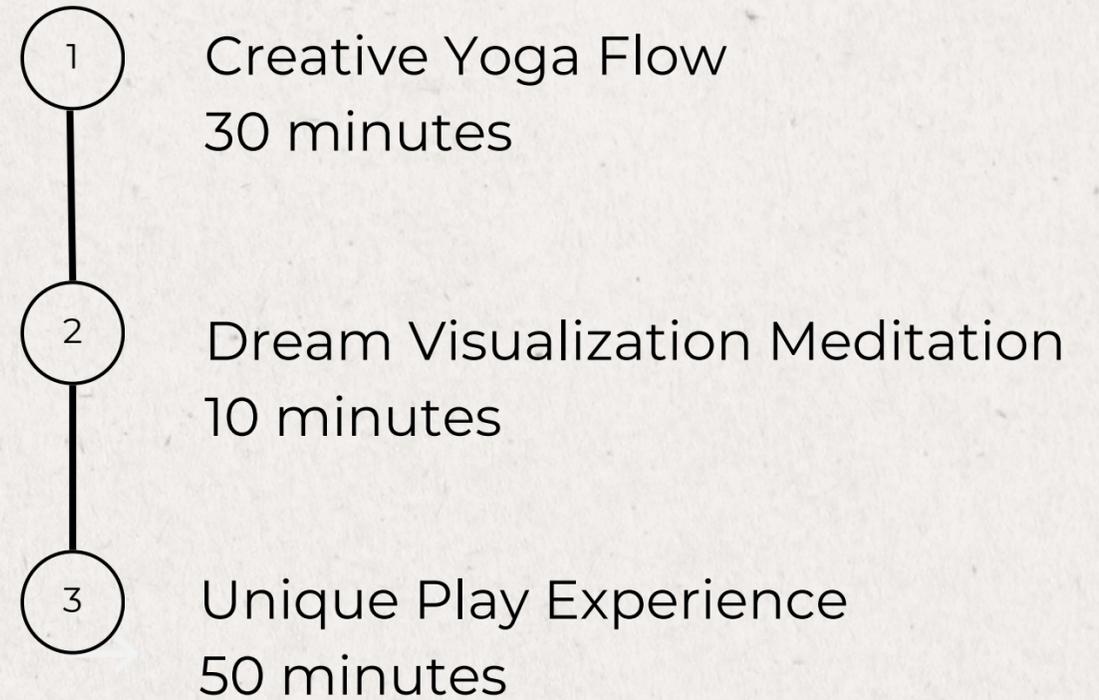
What if playtime was taken more seriously, like nutrition or bathing? We believe it’s the step to living a more present life, and has a powerful effect on everything we extend ourselves to. The Play Date is a space to remember—through movement, dreaming, and making, because who knows who we would be if we listened to our creative spirit a little more closely...

HOW DO WE DO THIS?

Three exciting steps.

1. Yoga
2. Visualization
3. Play experience

90 minute experience

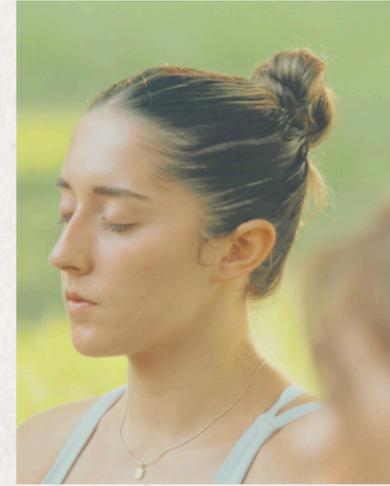


WHAT WE DO

1. YOGA FLOW



MOVE



BREATHE



FLOW

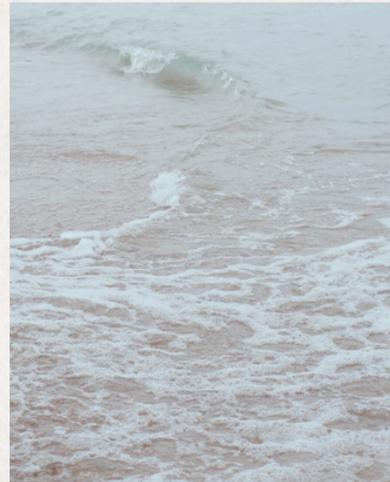


RELEASE

2. VISUALIZATION MEDITATION



DREAM



BREATHE



WONDER



BELIEVE

3. PLAY EXPERIENCE



A NEW WAY



TO CREATE



SOMETHING DIFFERENT



JUST FOR FUN

MOVE

Several studies have found that people who do yoga find an 86% reduction in stress. 300 million people around the world engage in this ancient practice for several benefits.

Yoga moves energy in the body and releases tension creating a mind, body connection.

VISUALIZE

Visualization meditation calms the nervous system, lowers stress, and boosts focus. Research shows that simply imagining a task lights up the same parts of the brain as actually doing it—one reason athletes use it to sharpen performance (Frontiers in Psychology).



BREATHE

“Controlled breathing can increase gamma-aminobutyric acid (GABA) levels in the brain by up to 27%. GABA is a neurotransmitter that helps reduce anxiety and promote relaxation, suggesting that proper breathing techniques can significantly impact mental health and wellness.”

- James Nestor, “Breath”

CREATE

A study from the National Institute for Play found that play increases creativity and flexibility, improves memory and stimulates the growth of new neurons.

WHY

My name is Daisy, and I'm a storyteller. Even as the form shapeshifts over the years, I never stop collecting and sharing stories, it's my form of creation.

No one has the same story, but, most people will come to experience the same feelings and emotions within their journey, as the person right next to them. The universal power of story is much of what inspired The Play Date.

While this experience and brand is all fun and play, it was born out of my own very serious need for it.

The story we each live internally is a culmination of happenings, timing, relationships, emotions and perspective and it ultimately shapes our "spirit." Spirit is infused into everything we extend ourselves to.

When my spirit felt utterly burned out, depleted, and a little lost, I realized it was a familiar cycle. I was working so *hard*, being so *serious*, forcing stale routines and looking to others to determine my dreams.

I threw myself into trainings, therapy, books, and classes, studying myself. I still do this.



I am obsessed with learning about the psychology and science behind joy and play. Learning that my physical health was deeply meshed with joy and creative spirit was liberating. Joy is necessary! Play is critical!

I know my story is not unique, it's what has connected me to many people with the same isolating experience. So, I created a formula that I wanted to share with others:

Yoga; moving in creative ways, grounding on the mat.
Visualization; spending time allowing and inviting dreams.
Play; doing things just for fun without the pressure of an end result.

Every detail of The Play Date is inspired by my child-self: colorful, DIY, loud, curious, and never serious, but always sincere.

Daily doses of this formula has a ripple effect. I conquer fears, expand and take risks, and now I also *relax* and *enjoy* the process. Authentically at ease, inside.

I hope The Play Date connects you to something intuitive and childlike, a little liberation for your creative spirit.

Our Community

WELLNESS LOVERS

People who are interested in self-care and holistic health. They are drawn to mindfulness practices, and nourishing rituals that keep them grounded. The community is curious and eager to integrate play and creativity as a natural extension of their wellness practices.

CREATIVE REST & REJUVENATION

Individuals who crave a playful outlet to recharge and seek a connection to their creative spirit. They are looking for a new practices to interrupt patterns and find joy in creativity as a way to restore energy.

OVERCOMING BURNOUT

Busy professionals and people seeking relief from overwhelm and working through burnout. They're looking for community, restorative experiences that help them reset, and a space to thoughtfully rejuvenate energy.





How we can work together...

We want to work with you! We're looking for partnerships, sponsorships and collaborations with businesses whose values align. While we don't have our own line of products, we want to promote yours!

Wellness Space

Are you in the wellness space? If so, YES! We are building packages for our group events, offering gift boxes to learn about other holistic health businesses and could partner for an event.

Local Goods

We are especially interested in small, local businesses creating thoughtful products from healthy food and drinks, yoga and writing materials, to art materials, mediums and playful and nostalgic products.

Values Align

If our values align, we will find a way to work together. We are just getting started and the possibilities are endless.



WHAT'S IN IT FOR YOU?

AUTHENTIC BRAND ALIGNMENT	Our values are strong and with yours, even stronger. Your product or service will be integrated into an environment where guests are already open, relaxed, and deeply engaged, creating positive emotional association with the brand.
ENGAGED & INTIMATE AUDIENCE	Unlike large events where products can get lost, here each guest has time to experience the product in a personal, memorable way. This creates stronger impressions, word-of-mouth sharing, and meaningful brand associations—whether the product is used directly in the play experience, offered in a wellness ritual, or gifted in take-home bags.
IMAGERY/VIDEO CONTENT	In return we will provide you with high quality imagery and videos of your product in use and engage via social media to promote your business.

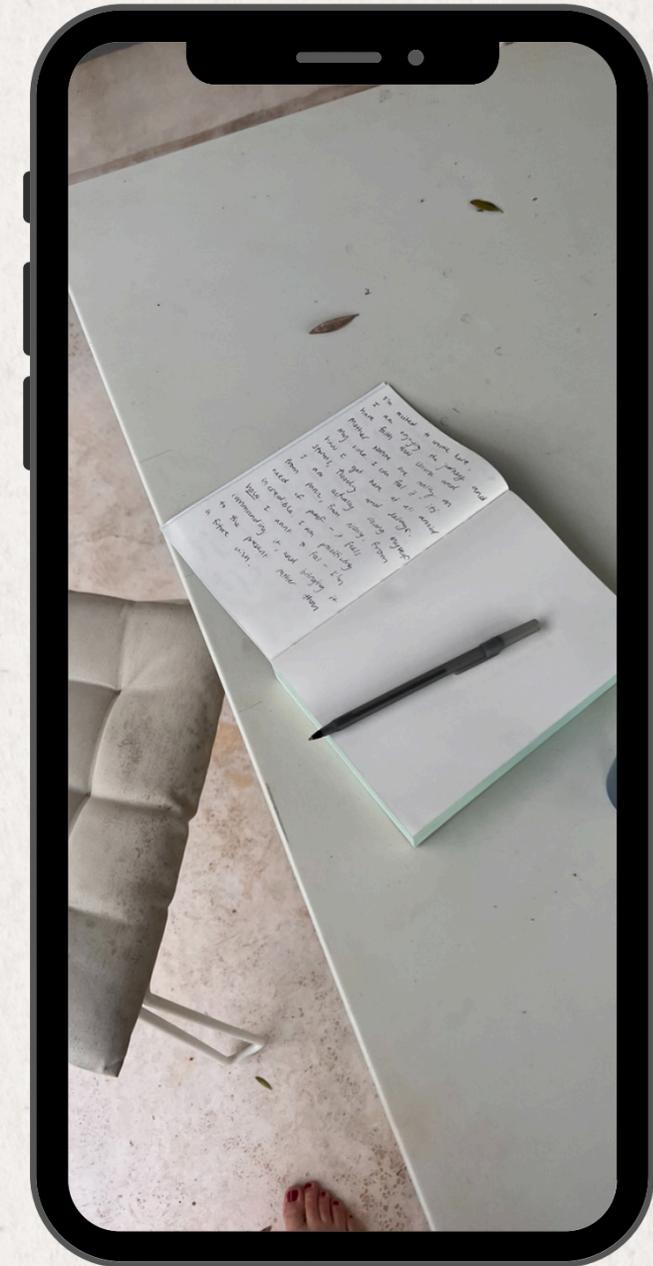


LET'S KEEP UP!

STAY UP TO DATE

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Revive your creative spirit. Play is the process.