



Mindful Meetings

*A unique energizing meeting approach at
Mandarin Oriental, Milan*



MINDFUL MEETING PACKAGE

The Mindful meeting package is ideal for 20 to 40 people and is priced starting from **Half Day at EUR 150.00** and **Full Day at EUR 180.00** per person per day. The price excludes VAT and includes the following services:

- Meeting room from 9am to 1pm or 3pm to 6pm for Half Day or 9am to 6pm for Full Day
- Morning Mindful Coffee Break
- Healthy Standing Buffet Lunch
- Afternoon Mindful Coffee Break (Only for Full Day meeting package)
- Microphone, overhead projector (WXGA with 1280x800 resolution, and 4000 lumen) a drop-down ceiling screen (238 cm x 146 cm) and a 60 inch plasma screen TV
- Office supplies, white board, flip chart, water and confectionary
- A dedicated function host to attend to all your needs throughout the event
- Mindful meeting amenities
- Activity organized during the day by our certificated staff (price to be defined)

Mindful Meetings by Mandarin Oriental, designed to enhance and energize meetings and conferences with creative solutions, is based on five key dimensions of wellness: nourishment, movement, stillness, connections and wellbeing. Examples include healthy menu choices, yoga sessions, guided meditations, digital wellness tips, movement breaks, custom spa events and group exercise activities. The creative programme of wellness elements, specifically designed to inspire and engage the audience, will enhance the meeting process, leaving the participants feeling less stressed, more productive and ready to focus on the tasks at hand.

INFO & RESERVATIONS

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Mandarin Oriental, Milan

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