

mindful MEETINGS

Mandarin Oriental, Doha takes a progressive approach to meetings that gets results. Our creative programme of wellness elements specifically designed to inspire and engage your audience, will enhance your meeting process, leaving your participants feeling less stressed, more productive and ready to focus on task at hand. Supported by cuisine specifically chosen to simulate nourish and fight fatigue, our innovative Mindful Meetings concept will change the way you view meetings forever.

Mandarin Oriental, Doha offers a meeting package build around the 5 dimensions of wellness with some elements as standard and others at an additional cost. These are just some of the services to choose from..



NOURISHMENT

- Smoothie breaks
- Infused water
- 5 Element Chinese teas
- Live Station



MOVEMENT

- 5 Elements Tip Sheet
- Digital Wellness Quiz
- Stretching 5-10 Minutes
- 10 Minute Meditation
- Creativity Corner
- Guided Yoga
- Guided Pilates
- Muscular Wake Up



STILLNESS

- Guided Breathing
- Our Mindful Moments Corner
- MO Stretch Tip Sheet
- Consultation Form
- Pressure Point Tip Sheet
- Five Element Consultation
- Guided Meditation



CONNECTIONS

- Mindful Music during breaks
- Digital Wellness Health Quiz
- Mindfulness Guide and Coloring Book
- Possibility to donate to a charity-delighted to assist and connect
- Community Activity
- Cooking Demonstration Class



WELLBEING

- Aromatherapy (scent in room)
- Digital Wellness Presentation by Spa and Wellness Director
- 15 Minute Demonstration of the Five Elements Exercise
- Stress Recovery Back and Shoulder Massage
- Pressure Point Head Massage



To learn more about how to plan your Mindful Meeting at Mandarin Oriental, Doha, please call our Conference & Events team at +974 4088 8888 or modoh-sales@mohg.com

