

mindful MEETINGS

Mandarin Oriental, Bangkok takes a progressive approach to meetings to help you drive better 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 the tasks at hand. Supported by cuisine specifically chosen to stimulate, nourish and fight fatigue, our innovative Mindful Meetings concept will change the way you view meetings forever.

Mandarin Oriental, Bangkok offers a meeting package built 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

- Mindful breaks
- Smoothie breaks
- Healthy menu
- Infused water
- Herbal tea selection



MOVEMENT

- Guided stretching
- Guided yoga
- Group circuit training
- Muay Thai boxing
- Zumba



STILLNESS

- Digital wellness tips
- Spirit of breathing
- Guided meditation
- Silent breaks
- Relaxation corner



CONNECTIONS

- Community outreach
- Sustainable activity
- Ice breaker
- Cooking class
- Tour of the Creative District
- Alms Giving



WELLBEING

- Spa breaks with neck massage
- Laughing yoga
- Mindful wellness talk
- Jet Lag massage
- The art of sleeping (Yoga Nidra)



To learn more about how to plan your Mindful Meeting at Mandarin Oriental, Bangkok, please call our Sales & Marketing team at +66 (0) 2 659 9000 or mobkk-sales@mohg.com



mandarinoriental.com/bangkok

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Be innovative. Be inspired. Be energized.

Mindful Meetings drive results. We believe that by placing the personal wellbeing of your meeting participants as our top priority, they will feel refreshed, happy and focused, thereby increasing their productivity and ensuring your success. We work hand-in-hand with meeting planners to create bespoke events and incorporate the 5 dimensions of wellness into your meeting agenda.



NOURISHMENT

Fresh, local and organic, our menus are built around food that nourishes the body and brain.



MOVEMENT

Ideas flow when meetings move. Our in-house specialists can tailor-make yoga and stretching sessions for breakouts.



STILLNESS

Minds need space to think. Guided meditation, digital wellness tips and relaxation zones can all be incorporated into your meeting programme.



CONNECTIONS

Create a positive environment for business by encouraging your participants to connect. From cocktail receptions and team-building challenges to taking part in our community programmes, we will help you create a strong connection.



WELLBEING

Productivity is enhanced when you take time out. Spa time, stress management sessions and shakeout sessions are just some of the elements that can be added to your programme.



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