

mindful MEETINGS

BROUGHT TO YOU BY
MANDARIN ORIENTAL, BOSTON



MINDFUL MEETINGS: OUR APPROACH

The teams at Mandarin Oriental, Boston and the Spa at Mandarin Oriental take a collaborative approach to our signature meetings, helping you drive successful outcomes while creating group experiences that foster positive engagement. Our tailored programs of wellness elements, specifically designed to inspire your group, will enhance your event and leave participants feeling ready to focus on group objectives. Mandarin Oriental Mindful Meetings will change the way you view meetings and enlighten your audience engagement. By combining traditional meetings with our wellness offerings, exceptional luxury and hospitality, and inspirational spaces, we lay the foundation for your team to thrive during meetings and in the workplace beyond.



SAMPLE MENU

Healthy Start Breakfast Buffet

Avocado Toast, Grilled Whole Wheat Bread, Lime, Sea Salt
Parfait of Seasonal Berries, Honey Oat Granola, Greek Yogurt
Mini Fruit Smoothies
Bottled Waters/Coffee/Tea

Field & Harvest Lunch Buffet

Sweet Gem, Mixed Artisan Lettuce, Baby Arugula
Multigrain Salad - Quinoa, Farro, Barley, Heirloom Cherry
Tomatoes, English Cucumbers, Red Onion, Watermelon Radishes,
Haricot Vert, Chickpeas, Shaved Red Cabbage, Broccoli,
Crumbled Goat Cheese, Dried Cranberries, Candied Pecans
Garlic & Herb Roasted Chicken Breast
Grilled Salmon or Shrimp
White Balsamic Vinaigrette, Citrus Vinaigrette, and Caesar Dressing



Please advise Sales or Conference Services team of interest at least 4-6 weeks prior to arrival in order to guarantee availability of certain services. Pricing based on guarantee agreed upon.

GUIDED MEDITATION

Guided Meditation is sometimes called guided imagery or visualization. With this method of meditation, the leader invites you to form mental images of places or situations you find relaxing. The leader will ask you to use as many of your senses as possible during the meditation. Guidance is also given for breathing techniques and energy flow to help achieve a deeply relaxed state. Participants are welcome to lay down versus being in proper meditation posture. The Spa's Wellness Specialist will lead your group through this process and a truly mindful experience.

Available as Wellness Full Session or Break



SOUND BATHING

Himalayan Singing Bowls have been used for centuries for healing and meditation purposes. Singing Bowls create a range of sounds to restore the normal vibratory frequencies to the body, mind and soul. Sound and vibration from singing bowls entrain the brain to move into the Alpha and Theta brain wave frequencies that induce deep meditative and peaceful states, clarity of mind, and intuition. The sound vibrations have a positive effect on our nervous system, engaging our relaxation reflex and inhibiting the stress or pain response.

Available as Wellness Full Session or Break



FOREST BATHING

This Group experience takes place in the tranquility of Boston's forested areas, the nearby Charles River Esplanade Park or the Arnold Arboretum, often referred to as Boston's "Museum of Trees."

Forest Therapy, "shinrin yoku" in Japanese which translates to "forest bathing", is a research-driven wellness practice using ancient traditions of mindfulness. Forest Therapy demonstrates an array of health benefits for cardiovascular and immune systems, while also showing evidence to support and improve mood and cognition and energy healing.

Your group is guided through an experience that combines aspects of Walking Meditation and Forest Bathing in a 90 minute session.

**This exercise is conducted by a third-party off-site vendor. Please inquire with Sales team for further pricing based on estimated # of attendees and location preference. Transportation to location can be included in rate.*



GROUP YOGA

Available in Vinyasa and restorative formats, this type of practice involves synchronizing the breath with a continuous flow of postures. The fluid, almost dance-like movements increase flexibility, strength, and stamina, as it calms the mind and improves overall health. A group yoga class can be conducted in one of our conference rooms or the Garden Terrace. Yoga mats and accessories are provided.

Available as Wellness Full Session



ADDITIONAL OFFERINGS

Additional fitness and wellness sessions may be offered, based on practitioner availability:

- Rollates - Pilates & Yoga Fusion
- Reiki - Energy Healing & Breathwork
- Intelligent Movement - Postural Therapy
- Strength & Cardio Bootcamp

Available as Wellness Full Session



LECTURE SERIES

STRESS MANAGEMENT TECHNIQUES

An overview of self-care techniques and strategies, this session will include a guided discussion of the physiological issues that too much stress can cause within the body, as well as tips and strategies for managing stress to mitigate physiologic effects on the mind and body.

DIGITAL WELLNESS

Digital wellness is a way of life that promotes optimal health and well-being while managing the demands and distractions of technology devices and digital communication. This workshop will focus on creating solutions regarding the common over-dependence of work and personal electronic devices.

Available as Wellness Full Session



BUILD YOUR OWN BATH SCRUB BAR

The build your own scrub bar offers one the opportunity to create and take home a custom blend exfoliating product, by choosing their preferred salt scrub, herbs, and essential oils in a fun interactive experience.

Available as Break



LEARN MORE

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