

mindful MEETINGS

Be innovative. Be inspired. Be energized.

Mindful Meetings drive results. By making the personal wellbeing of your meeting participants our top priority, they will feel refreshed, happy and focused, 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 mind.



MOVEMENT

Ideas flow when meetings move. Our in-house specialists can customize 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 program.



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 programs, 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 program.

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Mandarin Oriental, Boston takes a progressive approach to meetings that gets results. Our creative program of wellness elements is specifically designed to inspire and engage your audience and 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, Boston 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

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



MOVEMENT

- Guided stretching
- Guided yoga
- Singing bowls
- Muscular wake-up
- Brainstorm walking



STILLNESS

- Digital Wellness tips
- Guided breathing
- Guided meditation
- Mindful activities
- Silent breaks



CONNECTIONS

- Community events
- Interactive discussions
- Icebreaker activities
- Mindful Moments Corner



WELLBEING

- Spa breaks
- Mindful coloring
- Jet lag tips
- Aromatherapy
- Ambience enhancements



To learn more about how to plan your Mindful Meeting at Mandarin Oriental, Boston, please call our Sales & Catering team at +1 (617) 603 2990 or mobos-sales@mohg.com.



mandarinoriental.com/boston