

# mindful MEETINGS

**Be innovative. Be inspired. Be energised.**

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



Movement



Stillness



Connections



Wellbeing

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## Inclusions

- Meeting room
- 1 x Coffee Break per person
- Healthy Lunch (in meeting room or at our Restaurant)
- Dinner
- 1 in-meeting room Wellness activity (options available)
- Screen
- Video-Conferencing system
- WiFi
- Note pads & pens
- Still & sparkling water



## Rates

- Accommodation rates start from €700 excl. VAT per night
- Meeting package starts from €565 per person and is inclusive of the following services and experiences
- 10-40 Attendees

## Availability

- September 20th – November 6th, 2024
- April 10th – May 20th, 2025
- September 20th – October 31st, 2025

To learn more about how to plan your Mindful Meeting at Mandarin Oriental, Costa Navarino, please contact our Sales team at [mocna-sales@mohg.com](mailto:mocna-sales@mohg.com).



[mandarinoriental.com/costa-navarino](http://mandarinoriental.com/costa-navarino)