

mindful MEETINGS

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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Mandarin Oriental, Milan 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 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, Milan 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
- Aromatic Waters
- Healthy selections
- Oriental menus
- Herbal tea selections



MOVEMENT

- Guided stretching
- Positive yoga session
- Posture Tips sessions
- Muscular wake-up
- Stretching giveaways



STILLNESS

- Digital Wellness tips
- Guided breathing
- Guided Shungite meditation
- Gong session
- 5 elements Mindful



CONNECTIONS

- Walking tour in Brera
- Tea tasting
- Icebreaker activities
- Our Mindful Moments Corner
- Digital Detox Corner



WELLBEING

- Spa breaks with neck massages
- Guided pressure point massage
- Head and neck massage
- Dedicated giveaways
- Mindful Music during breaks



To learn more about how to plan your Mindful Meeting at Mandarin Oriental, Milan, please call our Events & Banqueting team at +39 02 8731 8888 or momln-events@mohg.com

