



MANDARIN ORIENTAL

MINDFUL MEETINGS AT MANDARIN ORIENTAL

At Mandarin Oriental, we prioritise your well-being and that of your meeting participants, adopting a progressive approach to curate enriching and meaningful experiences.

Our innovative wellness program is designed to inspire and engage participants, enhancing the meeting experience. By incorporating stress-reducing practices, purposeful movement, and nourishing cuisine, we create an environment that fosters focus, boosts productivity, and promotes overall well-being – ensuring both a refreshed mindset and a successful outcome.

OUR COMMITMENT TO WELLNESS

We collaborate closely with your meeting planners to craft bespoke events that seamlessly integrate wellness into your agenda.

EACH MEETING INCLUDES

- » Two infused waters
- » Four healthy menu options
- » 10% discount on spa treatments
- » One wellness gift
- » A mindful break
- » Access to our Wellness on the Road website for daily wellness practices
- » In meeting room personalised scent from our spa oil collection
- » Wellbeing music from our five-element collection





THEMATIC ENHANCEMENTS

Elevate your programme by integrating tailored themes throughout:



NOURISHMENT

Menus focus on fresh, local, and organic foods that energise and sustain attention.

Options include whole grains, fruits, vegetables, and proteins to nourish both body and mind.



MOVEMENT

Our specialists offer tailored movement, yoga, and stretching sessions. We address the toll of prolonged sitting by incorporating standing meetings and physioball seating, along with yoga and movement breaks to keep participants engaged.



STILLNESS

We offer guided meditation, breathing exercises, digital wellness tips, and relaxation zones.

Meditative breaks allow participants to process their learning deeply, with time for reflection at the end of meetings to clarify their takeaways.



CONNECTIONS

From cocktail receptions to team-building activities, we foster meaningful connections among participants. Our program includes exceptional dining experiences, morning walks, yoga classes, and unique team-building challenges to strengthen relationships.



WELLBEING

Enhance your program with spa time, stress management sessions, and mini massages.

Our goal is to leave participants with a sense of purpose, optimism, and confidence, creating memorable experiences through playful surprises, such as calm mind head massages and happiness workshops.

PLAN YOUR MINDFUL MEETING

To learn more about planning your Mindful Meeting at Mandarin Oriental, Bangkok, please call +66 (0) 2 659 9000 or mobkk-sales@mohg.com