



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.

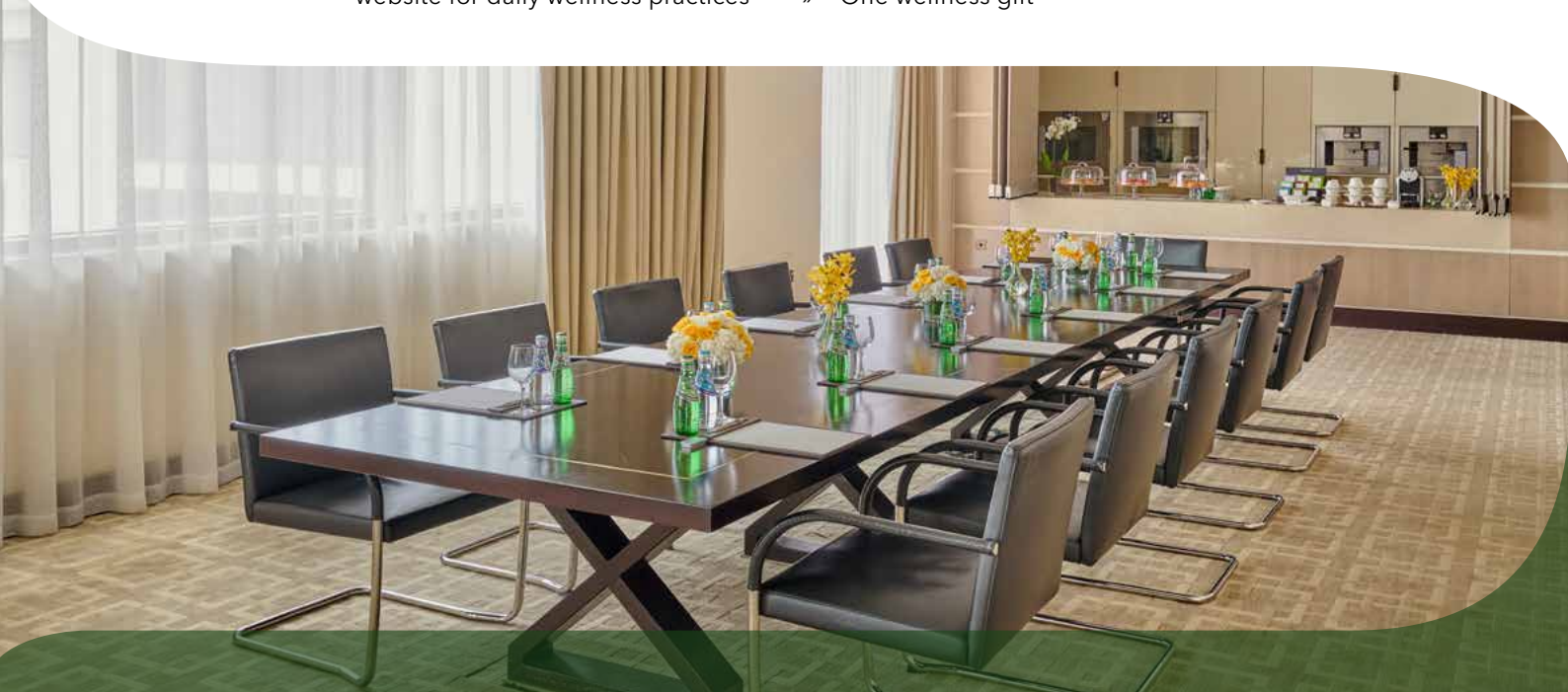
Mandarin Oriental, Doha takes a progressive approach to meetings that gets results. Our creative programme of wellness elements specifically designed to inspire and engage your audience, will enhance your meeting process, leaving your participants feeling less stressed, more productive and ready to focus on task at hand. Supported by cuisine specifically chosen to simulate nourish and fight fatigue, our innovative Mindful Meetings concept will change the way you view meetings forever.

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
- » 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
- » One wellness gift





THEMATIC ENHANCEMENTS

Elevate your programme by integrating tailored themes throughout:



NOURISHMENT

Stay energized and focused with smoothie breaks, infused water, Chinese teas, and nourishing snacks throughout the day.



MOVEMENT

Take a stretching break to loosen up your muscles and relieve tension, or engage in a creativity corner with stress balls, MO Stretch Tip Sheets, or add a short fitness session to your itinerary for a boost of energy.



STILLNESS

Recharge with guided breathing exercises, explore the Digital Wellness Assessment, dive into the mindfulness guide, or enjoy meditative coloring. You can also opt for peaceful, restorative moments such as pressure point tip sheets or an outdoor fresh air break.



CONNECTIONS

Immerse yourself in mindful music during breaks, discover opportunities to donate to charity, and participate in community activities and group bonding experiences like a cooking class.



WELLBEING

Enhance your wellbeing with soothing aromatherapy infusion to the meeting room, attend a Digital Wellness presentation by the Spa and Wellness Director, enjoy a 15-minute Five Elements exercise demonstration, or indulge in stress recovery with a back, neck, and shoulder chair massage as an added treat.

PLAN YOUR MINDFUL MEETING

To learn more about planning your Mindful Meeting at Mandarin Oriental, Doha
please go to: www.mandarinoriental.com/doha