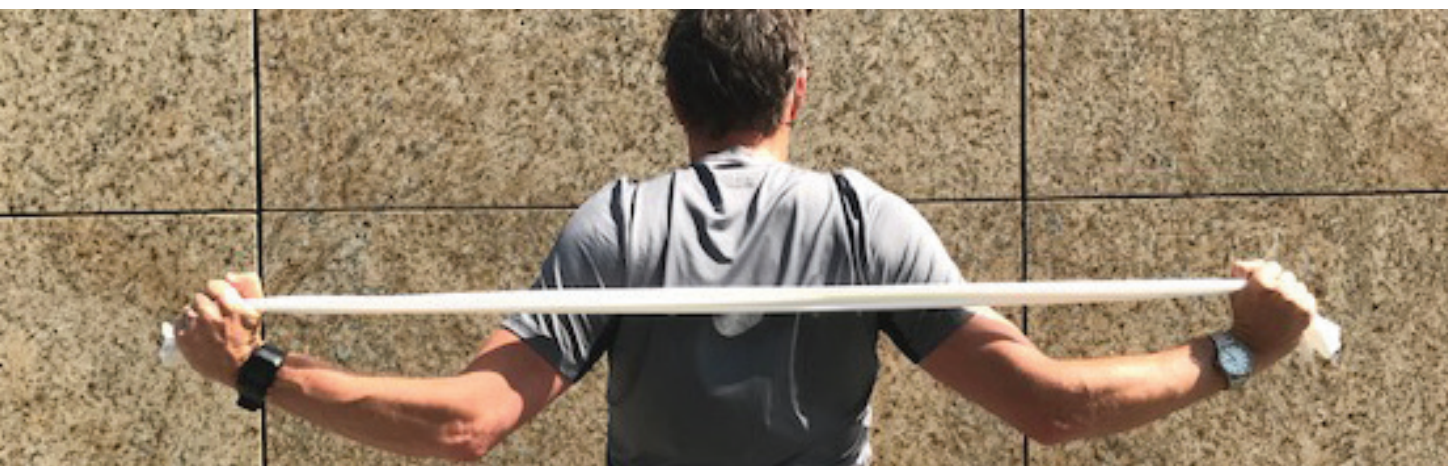


# HOTEL OKURA AMSTERDAM WELLBEING MEETING PACKAGE



Hotel Okura Amsterdam offers the most complete conference solution in Amsterdam, featuring multi-purpose, Green Globe certified facilities on one floor for up to 2,500 delegates. Our dedicated services and renowned culinary offerings made us a master of hospitality for over 45 years, ensuring successful events at the highest service level. After observing increased interest in health and wellness among our guests, we were inspired to incorporate these elements into the meeting- and events programs. The result is an exciting Wellbeing Meeting Package, offering revitalizing workouts, healthy cuisine and body-and-mind soothing activities.

## HOW TO SHAPE THIS PROGRAMME?

Our Wellbeing Meeting Package promotes efficiency, so meetings can be finished on time. Now what could be better than that?

## MAIN MEETING ROOM

- Main meeting room in requested set up including pads, pens and mints
- Beamer & screen, with exception of Heian and Grand Ballroom
- Infused water and low-calorie drinks

## WAKE-UP WORKOUT

Kick off your healthy day with an indoor yoga session or run through Amsterdam.

## START YOUR MEETING WELL(NESS)

Reboost your energy with a complete body workout using Okura's resistance bands. This exercise is especially composed for you by our professional trainers of Nagomi Health.

## NUTRITIOUS MEALS AND BREAKS

Our Heart Healthy Breakfast provides you with the healthy dose of vitamins and includes smoothies, nut & yoghurt bars and fresh fruits.

During the morning break you will get a moment to enjoy a cup of organic tea, coffee and several milk options as well as muesli bars and almond cookies.

## CHOOSE FROM OUR HEALTHY LUNCH OPTIONS

- Japanese inspired Bento Box Lunch including low-fat starters, main course and dessert
- Whole-wheat sandwich & salad buffet
- Green tea after lunch
- Taste of Okura Healthy Cooking Workshop (for up to 25 guests, subject to supplement)

The afternoon break offers an organic tea selection, coffee and several milk options as well as fruit trays and high protein bars and nuts.

## WELLNESS PROGRAMS

- 10-minutes shoulder massage by trained therapists
- Healthy Living Workshop
- Jet-lag programme at our Nagomi Spa
- Spa treatments (supplement charge for individual therapies)

€ 115,00 pp  
Per day, applicable as of 10 to 100 guests.

Requests are based upon availability.

