

# 2023 WELLNESS MEETING PACKAGES

Combining our workspace facilities with holistic wellness offerings and impact-driven activities, Eaton HK's new Wellness Meeting and Impact Meeting Packages are made for you and your team. Elevate your team's mental and physical wellbeing and give back to our community all while achieving your work goals!

## STRESS REDUCTION

Re-center the body and reduce anxiety through our relaxing therapeutic wellness classes, all led by professional instructors. Sound Bath, Yoga and Tai Chi sessions are readily available.







## BODY IN MOTION

An active lifestyle is a healthy lifestyle so attendees are encouraged to get moving and get energized. A kick boxing session or full body stretching workshop is a good start.



## EATING FOR ENERGY

Sustain your energy all day with delicious and environmentally conscious meals and snacks curated by our culinary team. We prepare healthy, plant-based dishes that will keep your mind and your body feeling good.







## SOUND BATH MEDITATION

Kick off the meeting with a complimentary 30-minute recorded sound bath session. The meditation experience will bring balance, relaxation, and a sense of calm to your whole being. You're off to a good start!

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## Morning Package

**HK\$580\*** per person  
(Class size: 20 to 30 persons)

- Use of a meeting room from 09:00 - 13:00
- Welcome Juices
- Detox Water Bar
- Mid-morning Break with Selection of Healthy Snacks

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## Half-day Package

**HK\$700\*** per person  
(Class size: 20 to 30 persons)

- Use of a meeting room from 09:00 - 14:30
- Welcome Juices
- Detox Water Bar
- Mid-morning Break with Selection of Healthy Snacks
- An Executive Roll-in Green Working Lunch

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## Full-day Package

**HK\$800\*** per person  
(Class size: 20 to 30 persons)

- Use of a meeting room from 09:00 - 17:00
- Welcome Juices
- Detox Water Bar
- Mid-Morning Break with Selection of Healthy Snacks
- An Executive Roll-In Green Working Lunch
- Afternoon Break with Selection of Healthy Snacks

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**Special supplement to upgrade the following Private Wellness Class at HK\$150 per person or Work-Out Class at HK\$350 per person.**

Wellness Class : Sound Bath Meditation / Yoga / Tai Chi

Work-Out Class : Kick Boxing / Body Stretching / Aroma Stretch / Funky Dance

## Meeting equipment includes:

- Complimentary use of built-in LCD projector & screen
- Complimentary use of standard meeting equipment include laser pointer, flip chart, and public address system
- Complimentary WI-FI access
- Free parking space for the organizer (subject to availability)
- Wellness corner with ergonomic fitness equipment
- Games corner featuring a selection of classic board-games

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All prices are subject to 10% service charge

Minimum guarantee of 20 persons for each event is required



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# Morning Meeting Package Menu

## Mid-morning Break

Yoghurt, Raspberry, Granola Cup (V)  
Blueberry & Acai Muffin (V)  
Turkey & Cucumber Sandwich on Whole Grain Bread  
Fruit Yakitori (V) (GF) (DF)  
Organic Popcorn with Spirulina Seasalt (V) (DF) (GF)

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# Half-day Meeting Package Menu

## Mid-morning Break

Tomato, Olive, Bocconcini Tart (V)  
Coconut Cream with Mango & Pistachio (GF) (DF)  
Oatmeal Cookies (V)  
Fruit Yakitori (V) (GF) (DF)

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## Executive Roll-in Lunch

Smoked Turkey Sandwich  
*Smoked turkey, romaine, tomato, red cabbage slaw, chipotle sauce, wholegrain bread*

Or

Grilled Mediterranean Vegetable Sandwich  
*Eggplant, zucchini, peppers, pesto, rocket, wholegrain bread*

Mixed Leaves, Garden Fresh Vegetables (V) (GF) (DF)

Assorted Fruit Plate (V) (GF)(DF)

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# Full-day Meeting Package Menu

## Mid-morning Break

Yoghurt, Raspberry, Granola Cup (V)  
Blueberry & Acai Muffin (V)  
Turkey & Cucumber Sandwich on Whole Grain Bread  
Fruit Yakitori (V) (GF) (DF)

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## Executive Roll-in Lunch

Salmon Wrap (DF)  
*Tortilla, herb-baked salmon, rocket, pickles, onion, dill mayonnaise*

Or

Artichoke, Tomato & Hummus Wrap (V) (DF)  
*Tortilla, grilled artichokes, sun-dried tomatoes, hummus*

Mixed Leaves, Garden Fresh Vegetables (V) (GF) (DF)

Berries & Yoghurt (V) (GF)  
*Yoghurt mousse, mixed berries compote, meringue crisp*

## Afternoon Break

Dark Chocolate & Nut Bar (V) (DF)  
Smoked Salmon, Avocado & Chives on Whole Grain Bread (DF)  
Vegetable Crudités with Hummus