

WELLNESS BREAK IDEAS FOR YOUR CONFERENCES





REPLACE YOUR BREAK SLIDE WITH A 5MIN STANDING WORKOUT VIDEO

**ORGANIZE A
SIGN UP FOR
A 15MIN
WALK**

CREATE A SENSORY ROOM

@meetinginbalance



Offer a guided
meditation (or just a
video!)



incorporate wellness breaks to keep
attendees refreshed



OFFER A SPA BREAK

At business meetings, energy levels can dip to jetlag, late nights, information overload and non-stop networking.

Add something extra to your guests's experience by introducing a luxurious spa pod or a dedicated vitality lounge, offering them the perfect way to recharge.



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DO YOU THINK
YOU'LL GIVE
THIS A TRY?



save for later →

