



Mindful Meetings

FROM
£50^{.00}
exc VAT.
PER PERSON











Minimum
40 people



Where clarity meets creativity.



KEY BENEFITS

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-  Escape the hustle and bustle for a day of balance and wellbeing.
 -  Take advantage of our serene spaces, with natural daylight and inspiring views.
 -  Enjoy our outdoor walking routes, including exclusive access around the racetrack.
 -  Healthy menus designed to enhance productivity and fuel your energy.
 -  Complimentary gift for each delegate.
 -  Hydration stations.
 -  Optional digital detox box.
 -  Free parking.



Fuel your day the athlete's way, inspired by our Jockey menu.

Our health-focused, calorie-conscious menu is inspired by the nutritional plans we provide our elite jockeys.



Featuring high-protein, lean options, with slow-release carbohydrates, and nutrient-packed foods and treats, it's carefully designed to support focus, performance, and overall wellbeing.

Try our well balanced menu*

Hydration

- Strawberries, cucumber & mint iced water

Lean proteins

- Slices of thyme and lemon marinated chicken breast & hand carved lean ham, piccalilli
- Vegan protein wraps, spiralised vegetables, hoisin (Ve)

Carbohydrates

- Baby new potatoes, tossed in a light parsley & olive oil dressing (Ve)
- Watermelon, feta, mint salad (V)

Healthy fats

- Slices of avocado, lime salsa dressing (Ve)
- Selection of mixed nuts

Nutrient filled sweet treat

- Flax seed, chia & vanilla protein puddings (V)
- Slices of Pineapple, melon & fresh berries (Ve)

*Menu upgrade options also available

Book your *Mindful* Meeting today!!!

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