



# .MEETWELL

YOUR GATEWAY TO MORE PRODUCTIVE MEETINGS

Integrating mindfulness and business, our Meet Well Packages is tailored to create a brand new holistic experience for business meetings in Bali, combining a space for work and restorative activities to help put you in the best mindset for productivity. Located in a quiet nook in the heart of Seminyak, our resort, spread on 4.8 hectares of land and consisting of 50+ villas makes an exceptionally ideal location for your brainstorming sessions.



Each team is unique, and hosting your meetings at Peppers Seminyak should be no different. We have conceptualized four themes to suit your team's needs and energy, with thoughtfully chosen menu, and a selection of fitness breaks, destressant games, or spa treatments by our professionally trained therapists.

Activities are selected to provide a quick and effortless detaching to the work mindset within the allocated time, helping your team members connecting and building relationships before, during, or after their time together. You may choose to be up with the sunrise for light stretching session by the beach, book a yoga session afterclass, or even a quick and wholly effective head and shoulder massage in the middle of the day.

The themes are: Indonesian, Asian, Healthy, and Continental.



To know a people, live the way they do. Our Indonesian theme includes tastes and sounds that is quintessentially Indonesian. No less than 10 kinds of Jajanan Pasar (traditional market snacks) is handmade from scratch in our kitchen to ensure authenticity and quality, while Indonesian childhood games the likes of Congklak, the combination provokes lively discussion and togetherness.

## Indonesian



## Healthy

If you are what you eat, the HEALTHY meeting package is an inspiring "must be"! The most conscious of our themes, the bites is sprinkled with health messages in the form of lightly processed foods, healthy grains, lean meats, as well as herbal and infused beverages. Activities includes head and shoulder massages by our professionally trained therapists and morning yoga by the beach.



## Asian Theme

Our Asian theme bursts with the flavors and spices of the most diverse continent in the world. From curry, coconuts, tahini to dragon fruits, the bites within this theme alone lets you know you're in one of the most bounteous food driven location in the region. Chill contemporary Asian music accompanies your meeting breaks while you'll have a chance to learn Mahjong, promoting learning in a fun ambiance with your colleagues.

Easy Peasy Lemon Squeezy! The Continental theme carries everything that the modern executive is familiar with. Avocado salad, juicy beef sliders, and the fuel of every office worth its salt - strong, great coffee (and cold brew too!). During lunch, break it up with a game of mini golf right beside the meeting venue pool or a game of darts.

## Continental

