

A photograph of two models, a woman with long blonde hair and a man with short dark hair, standing back-to-back on a rooftop. They are both wearing tan-colored blazers. The background is a clear blue sky and a concrete railing is visible. The overall mood is professional and modern.

INBALANCE MEETINGS

AT NOVOTEL

SYDNEY CENTRAL

NOVOTEL

The Novotel logo, consisting of a stylized blue 'N' with a swoosh above it.

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Destination & Overview



N

Staying at Novotel Sydney Central positions you in the heart of Sydney's vibrant CBD. The hotel allows you to be within walking distance of Central Station and Railway Square, allowing you to make your way around Sydney with ease. The hotel is in close proximity to some of Sydney's best eateries, theatres and shopping destinations and iconic attractions such as Chinatown and Darling Harbour. The hotel includes 255 well appointed spacious guest rooms with a choice of a king or two queen beds.

1___ We truly can cater to any need. The sky is the limit, whether it's a small meeting or a large scale production we can tailor and accommodate to all

2___ We are located in the heart of the city, nearby some of Sydney's main attractions with lots to see and do

3___ Our unique spaces offer an ideal destination for conferences, workshops and trainings, seminars, product launches, cocktail parties, incentive programmes and partner activities

4___ The hotel offers impeccable service, catering for up to 350 guests in elegantly appointed function rooms complimented by a heritage listed outdoor terrace and extensive pre-function areas

5___ Our outdoor rooftop garden provides you with the ultimate break out space for your meeting or to host a cocktail party or special event



NOVOTEL

SYDNEY CENTRAL

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INBALANCE
MEETINGS
AT NOVOTEL

Our Intent__

A place for people to meet, focus their energy and create moments of impact to achieve great meeting outcomes.

Mission Statement__

For every guest to leave a Novotel feeling calm, grounded, clear-headed and motivated. In our words they are balanced.



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Inbalance Meetings Signatures__

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and Meeting Room

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Breathe deep & unwind

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Tools for collaboration

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High performance



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TAKE A LOOK INSIDE



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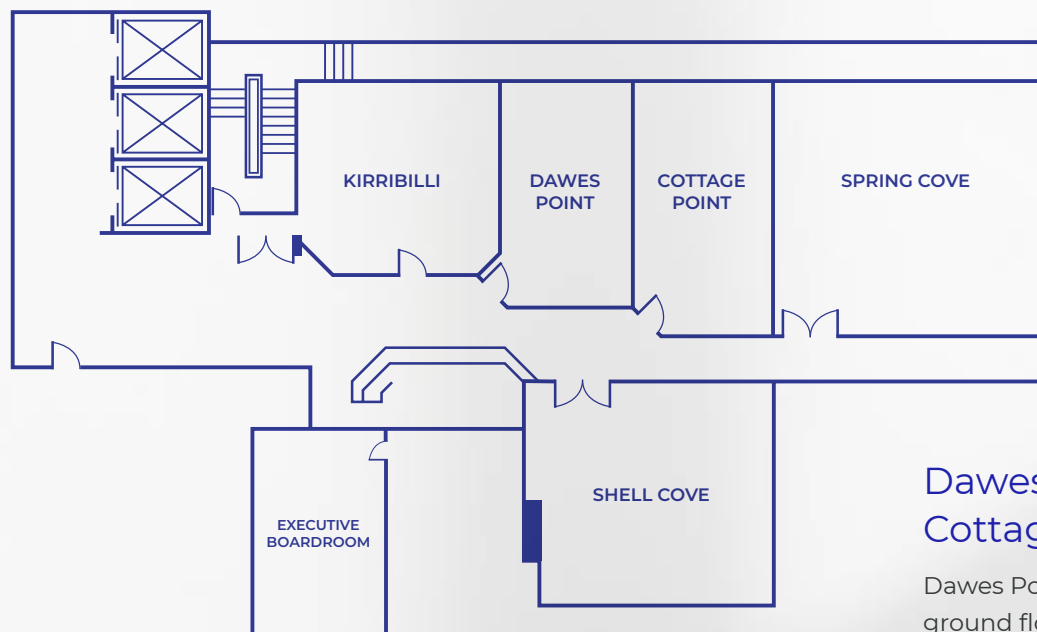
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1_ Inbalance Spaces





Lower Ground Floor_

With a series of inspiring elements from the pre-function area to the meeting room your guests will have an opportunity to pause and reflect on what creates balance in a fast-paced, demanding world.

From this initial arrival experience each guest will feel more inspired to personally engage and contribute to the meeting agenda.

Kirribilli Point Room_

Located on the lower ground conference floor of the hotel, Kirribilli Point is ideal for conducting interviews and auditions. With adjustable lighting and opening up onto the pre-function space, Kirribilli Point is an ideal room for breakout sessions.

Dawes Point Room and Cottage Point Room_

Dawes Point and Cottage Point are both located on the lower ground floor of the hotel allowing for privacy in conducting interviews and auditions. Cottage Point also interconnects with Spring Cove, allowing for team meetings and group interview sessions.

Spring Cove Room_

Seating up to 50 (in theatre style), Spring Cove is an ideal room for breakout sessions and also includes adjustable lighting and an in room paging system. Located on the lower ground floor of the hotel, this room is perfect whether holding an information seminar, interview or audition.

Shell Cove Room_

Another great location for breakout sessions and located in a low traffic area, Shell Cove seats up to 45 (in theatre style) and also includes adjustable lighting and an in room paging system.

Executive Boardroom_

Seating up to 10 people, the Executive Boardroom is ideal for small meetings and training sessions.



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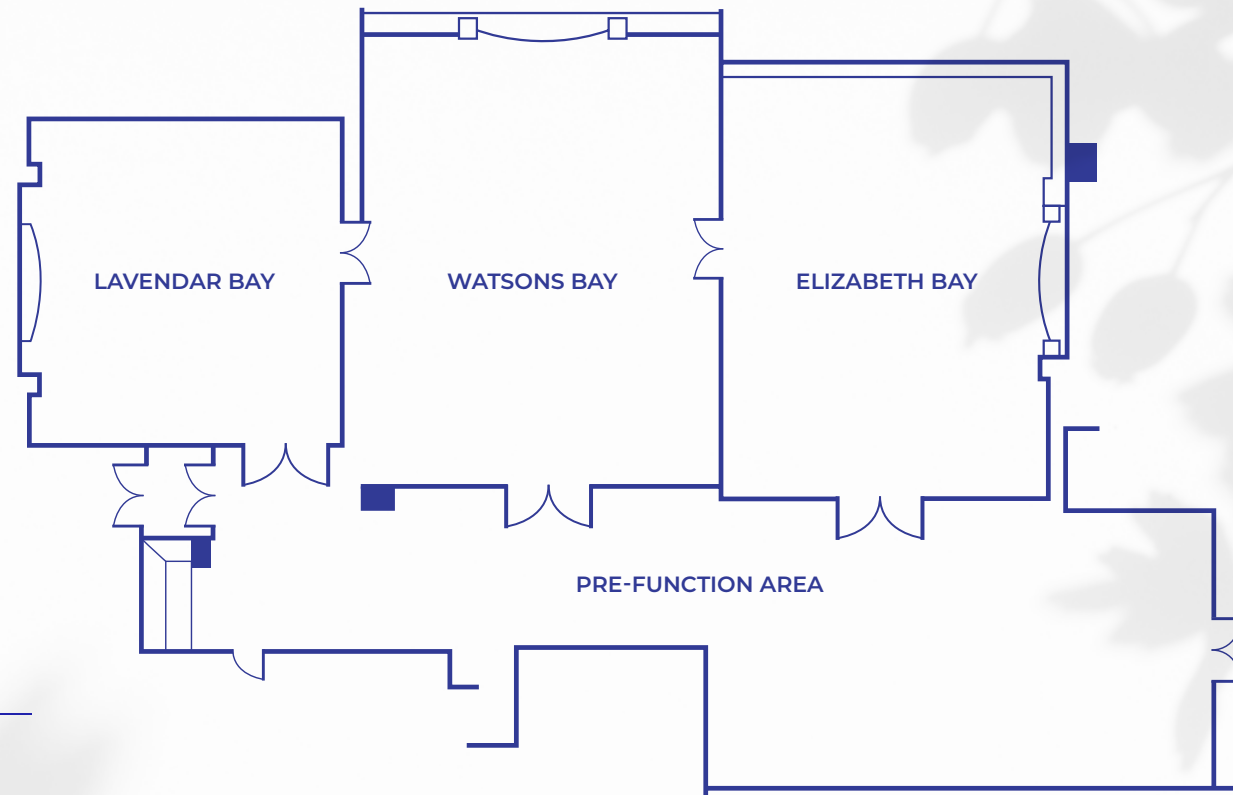
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Ground Floor_

Lavender Bay Room_

Lavender Bay is ideal for executive boardroom meetings, seating 16 (in boardroom style) and 40 (in theatre style) with access to the pre-function space on the ground floor.

Watsons Bay Room_

Located on the ground floor of the hotel, Watsons Bay seats up to 60 (in theatre style). Also allowing access to the pre-function space, Watsons Bay is perfect for that one day meeting or breakout space.

Elizabeth Bay Room_

Ideal for smaller conferences or as a breakout room, Elizabeth Bay seats up to 50 (in theatre style) with access to the ground floor pre-function space.

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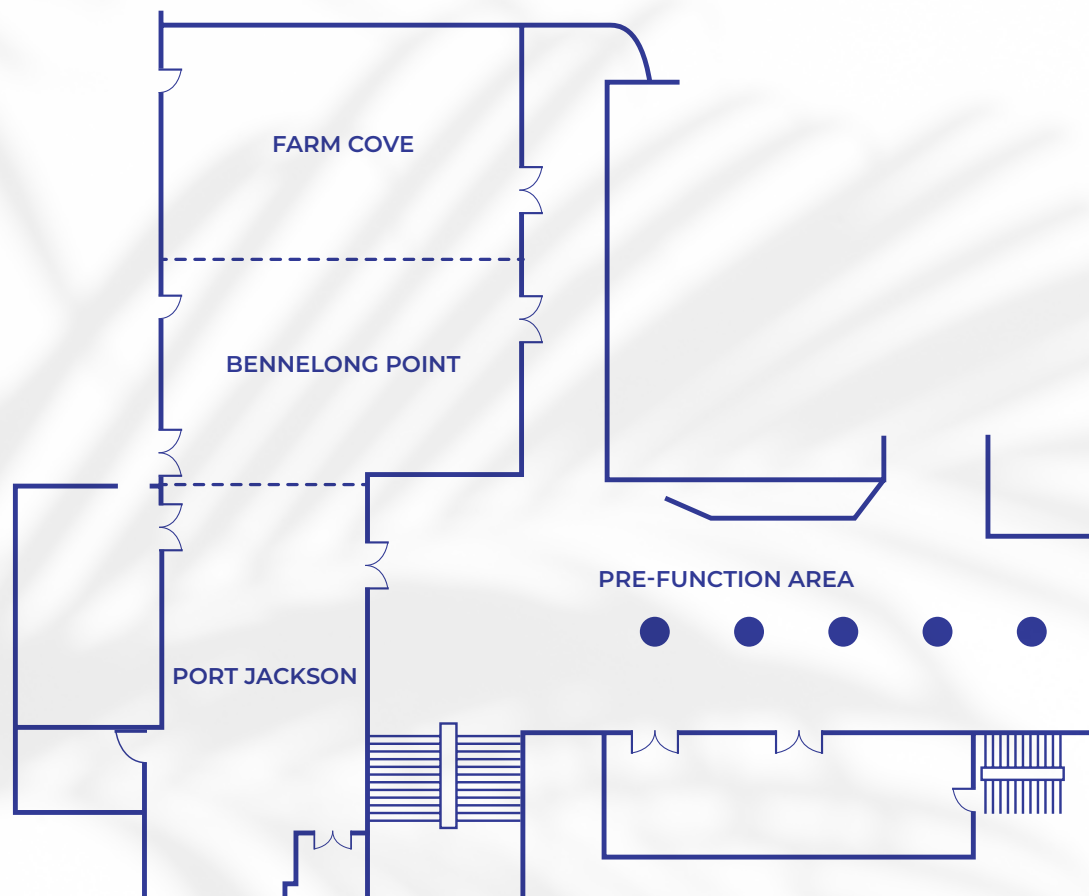
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Level 1 Floor__

Farm Cove Room, Bennelong Point Room & Port Jackson Room (Ballroom)_

The Ballroom, located on level 1 of the hotel, is the largest function space with a maximum capacity of 350 (in theatre style). Featuring natural light, the room's interior allows for an open space perfect for any occasion! Enjoy access to the pre-function area that leads onto the sundrenched outdoor terrace, great for pre-dinner drinks, cocktails parties or even exhibition space. Also offering flexibility, the Ballroom can be divided into three separate rooms: Farm Cove, Bennelong Point and Port Jackson.



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Conference Room Capacities__

Room Name	Area(m ²)	U-Shape	Classroom	Boardroom	Theatre	Cocktail	Banquet	Cabaret
Level 1 Floor								
The Ballroom	278	-	203	-	350	380	230	184
Port Jackson	93	40	50	37	120	100	60	48
Bennelong Point	92	36	60	40	110	120	60	48
Farm Cove	93	36	60	40	110	120	60	48
Bennelong Point / Farm Cove	185	40	120	90	260	240	120	112
Ground Floor								
Watsons Bay	63	33	36	24	60	60	50	40
Elizabeth Bay	59	30	30	24	50	60	50	40
Lavender Bay	49	24	27	17	40	40	40	32
Lower Ground Floor								
Spring Cove	54	27	36	21	50	50	50	40
Shell Cove	38	24	27	21	45	40	30	24
Cottage Point	25	-	12	14	18	20	20	16
Dawes Point	23	-	12	14	18	15	10	8
Kirribilli Point	33	15	12	14	20	20	20	16
Executive Boardroom	19	-	-	10	-	-	-	-
The Grove	250	-	-	-	-	80	-	-

2_ Plan & Connect





We understand that clients are often searching for new, unique venues that offer something different from the standard room set up. We know the ideals you could be looking to cultivate: inventiveness, creativity, connection.

Designed to help foster these ideals, InBalance Meetings provides a comfortable, flexible space that can adapt to almost any type of meeting.

At Novotel Sydney Central, delegates have access to high speed wireless internet. Novotel Sydney Central offers a strong, wireless internet connection with the installation of a 200mb/200mb dedicated fibre line into the hotel.

Room featuring the following__

- Flipcharts to capture ideas to support the brainstorming and problem solving process
- Fitballs and yoga mats to facilitate a relaxed environment and as props for the timeout sessions
- Brita filtered sparkling water and still water to ensure delegates stay hydrated and alert



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3__ Menu Options



Nurture Yourself_

Bodies that are InBalance are happier and more productive. To help delegates perform at their best, InBalance Meetings includes a Nurture Yourself food menu curated by renowned nutritionist Michele Chevalley-Hedge (ahealthyview.com). The menus have been created with clean, whole food ingredients with minimal sugar to support concentration and sustain productivity. Healthy fats have been incorporated to support brain functioning and different types of hot and cold beverages will keep delegates hydrated between meal periods.



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Inbalance Packages__

Day delegate package__

Make your delegates feel special. Choose from the following to add to your Day Conference Package.

- Chef's selection of main meals and salads
- Healthy morning and afternoon tea break options
- Inspiring upsell options served at any time of the day to boost energy

Half Day Delegate Package is also available.

Enhance your conference__

Make your delegates feel special. Choose from the following to add to your Day Conference Package.

- | | |
|---|--------------------|
| • Energy drinks | \$5.50 per can |
| • Mocktails with break | \$6.00 per person |
| • Juice with break | \$3.00 per person |
| • Smoothies | \$6.00 per person |
| • Ice creams | \$5.50 per person |
| • Barista made Coffee Cart | \$4.70 per person |
| • High speed internet for all delegates | \$19.95 per person |
| • Note pads, pens, mints and water | |

Enhance your breaks__

Minimum 10 guests

These additional items can be served at any time of the day to boost energy and increase productivity. Please note these are an additional cost.

Wake up balanced__

From \$15 per person

- Freshly juiced orange & watermelon and apple, carrot & ginger
- InBalance bircher muesli V
- Fresh fruit compote with honey yoghurt V
- Avocado and salmon on toasted fresh baguette
- Bacon and egg muffins GF

Energize__

From \$12 per person

- Wholemeal finger sandwiches of hickory smoked salmon and cucumber
- Vine ripened tomatoes, avocado and Swiss cheese mini sandwich
- Organic juice shots GF/V
- Energy drink

Recover__

From \$12 per person

- English bacon and free range egg panini
- Virgin bloody Mary GF/V
- Quiche Lorraine
- Energy drink



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Inbalance Packages__



Morning and afternoon tea break Options__

- Selection of sliced fruit
- Nespresso coffee and selection of herbal leaf teas

Chef's selection of 1 option per tea break__

- Pancakes with crispy prosciutto
- Goat's cheese and chive muffin with tomato relish V
- Lamb and rosemary sausage rolls
- Fresh avocado salsa with toasted corn tortillas V/GF
- Vegetable frittata with fruit chutney V
- Chicken san choy bau GF
- Ricotta cheese pastizzi V
- Traditional scones with vanilla cream and fruit jam V
- Berry cupcakes V
- Sweet muffins V
- House made savoury quiches
- Assorted finger sandwiches
- Mini curried beef pies
- Mini chicken and leek pies
- Ham and cheese croissants
- Toasted banana bread with cinnamon butter V
- Danish pastries V

Nurture yourself buffet__

Minimum 20 guests

- 3 Vibrant styled salads
- 5 Hot dish selections
- Fresh sliced fruits and cakes
- Soft drink and iced tea

Nuture yourself working lunch__

Minimum 10 guests

- House made gourmet wraps, multigrain or wholemeal sandwiches
- 2 Vibrant styled salads
- Fresh sliced fruits and cakes
- Soft drink and iced tea



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Breakfast__

Hot breakfast buffet__

\$35 per person__ Minimum 20 guests

- Nespresso coffee and selection of herbal leaf teas

Cold Items

- Selection of chilled fruit juices
- Sliced seasonal fruit platter
- Selection of cereals and bircher muesli
- Low fat natural yoghurt with condiments
- Selection of full cream and low fat milks
- Fresh baked croissants, pain au chocolate, Danish pastries and homemade muffins
- Selection of toasting breads with jam preserves and spreads

Hot Items

- Grilled smoked bacon
- Gourmet chicken and herb sausages
- Sautéed button mushrooms
- Grilled roma tomatoes
- Hash browns
- Creamy scrambled eggs

Plated breakfast__

\$36 per person__ Minimum 20 guests

Served per table

- Chilled orange juice
- Sliced seasonal fruit platter
- Fresh baked croissants, pain au chocolate, Danish pastries and homemade muffins
- Freshly brewed coffee & selection of herbal leaf teas
- Selection of full cream and low fat milks

Hot Plated Selections - choose one of the following:

- Aussie breakfast with crispy bacon, chicken sausages, scrambled eggs, hash brown, toasted sour dough
- Eggs Benedict with shaved ham, wilted spinach and hollandaise sauce
- Poached eggs with smashed avocados and mushrooms on toasted sour dough VSelection of full cream and low fat milks

Continental breakfast buffet__

\$27 per person__ Minimum 20 guests

- Selection of chilled fruit juices
- Sliced seasonal fruit platter
- Selection of cereals and bircher muesli
- Selection of full cream and low fat milks
- Low fat natural yoghurt with condiments
- Fresh baked croissants, pain au chocolate, Danish pastries and homemade muffins
- Selection of deli meats
- Selection of toasting breads with jam preserves and spreads
- Nespresso coffee and selection of herbal leaf teas



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Lunch__

Working style lunch__

\$39 per person__ Minimum 10 guests

Chef's selection of 2 salads

- Turmeric cauliflower, broccoli and tomato GF/V
- Baby potato salad GF
- Asian style fresh noodles and cabbage V
- Mix garden leaves V
- Roast Japanese pumpkin and haloumi V
- Baby rocket salad GF

Chef's selection of 3 types of gourmet rolls, wraps & baguettes

- Shaved ham, cheese, fresh tomato, tomato chutney and mustard mayo
- Roast beef, rocket and horseradish cream
- Chicken Caesar - shredded cos, bacon, egg and Caesar dressing
- Peri Peri chicken with rocket lettuce and chipotle aioli
- Tandoori marinated chicken, red onion and lemon yoghurt
- Smoked turkey, brie cheese and cranberry sauce
- Curried egg, mayo and shredded lettuce V
- Mediterranean grilled vegetables and basil pesto V
- Pesto chicken, cucumber, rocket and cheese
- Tuna, red onion and shredded iceberg lettuce
- Roasted chicken, Cajun spices and baby lettuce
- Roast beef, Thai basil and pozu dressing
- BLT - English bacon, coral lettuce and organic tomatoes

Chef's selection of desserts

- Tropical fruit platter
- Selection of mini cakes
- Served with freshly brewed coffee and tea



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Lunch__



Lunch buffet options__

\$45 per person__ Minimum 20 guests

Baker's basket of bread rolls

Chef's selection of 3 gourmet salads

- Turmeric cauliflower, broccoli and tomato GF/V
- Baby potato salad GF
- Asian style fresh noodles and cabbage V
- Mix garden leaves V
- Roast Japanese pumpkin and haloumi V
- Baby rocket salad GF

Chef's selection of 3 substantial dishes

- Asian style blackened salmon GF
- Thai green chicken curry GF
- Slow roasted grass fed beef striploin GF
- Chickpea and cauliflower curry GF/V
- Ricotta and spinach ravioli with roasted tomato cream sauce V
- Herb and pepper crusted salmon fillets GF
- Tunisian style chicken with burnt lemon GF
- Lamb and rosemary meatballs with preserved lemon yoghurt
- South Indian style lamb curry GF

Chef's selection of 2 side dishes

- Steamed seasonal garden vegetables GF/V
- Seasonal soup selection
- Roasted field mushrooms and zucchini GF/V
- Honey glazed baby carrots GF/V
- Moroccan spiced vegetable couscous V
- Steamed jasmine rice GF/V

Chef's selection of Desserts V

- Tropical fruit platter
- Selection of mini cakes
- Served with freshly brewed coffee and
- Selection of herbal leaf teas



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Dinner__

Dinner buffet menu__

\$57 per person__ Minimum 15 guests

Baker's basket of crusty loaves and rolls

Salads

- Roast pumpkin, fetta and quinoa GF/V
- Spiced couscous and raisins GF/V
- Green bean, dill s and salmon GF/V
- Classic Caesar salad with garlic & parsley croutons, crispy bacon and parmesan

Hot Items

Please select 3 substantial dishes:

- Baked Atlantic salmon with tomato and caper salsa GF
- Slow roasted lamb shoulder with herb gremolata
- Beef stroganoff GF
- Butter chicken GF
- Slow roasted pork with salt crackling and apple compote GF
- Ricotta and pumpkin ravioli V
- Pan seared baby barramundi with burnt lemon butter
- Baked potato gnocchi with boscaiola sauce
- Braised beef in red wine with mushrooms GF
- Charred chicken thigh fillets GF
- Thai green chicken curry GF
- Roast pumpkin and asparagus risotto GF/V

Please select 3 side dishes:

- Seasonal steamed vegetables
- Thai vegetable curry GF/V
- Fried tofu with garlic and soy GF/V
- Herb and garlic roasted baby potatoes GF/V
- Asian style vegetable stir-fry with black bean sauce GF/V
- Spiced couscous with black currants V
- Jasmine scented rice GF/V
- Honey roasted butternut pumpkin GF/V
- Duck fat roasted baby potatoes GF
- Roasted root vegetables with balsamic glaze GF/V

Please select 3 side dishes:

- Selection of mini cakes
- Tropical fruits
- White and dark chocolate custard profiteroles
- Kahlua tiramisu
- Mini pavlova with fruit coulis
- Chocolate éclairs
- Mini custard filled fruit tarts
- Warm chocolate pudding
- Nespresso coffee and selection of herbal leaf teas

Enhance your buffet with locally sourced seafood__

\$19 per person

- Sydney rock oysters, cooked king prawns, marinated mussels
- With sauces and condimentsOrganic juice shots GF/V



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Dinner__

Optional private chef__

\$55 per person__ Minimum 15 guests

Novotel Sydney Central's 8th floor garden terrace is the ideal space for guests to socialise in an outdoor setting. The terrace is a flexible function space allowing delegates to utilise the area as a breakout space, enjoy a barbecue lunch or hold a cocktail reception.

BBQ buffet menu__

\$49 per person__ Minimum 20 guests

Crusty loaves, soft rolls and baguettes

Salads

- Garden mix leaves with honey and white wine vinaigrette GF/V
- Apple, celery and cabbage slaw GF/V
- Potato, dill and shrimp GF
- Chef's selection of sauces, pickles and condiments

Hot Items

- Grass fed angus sirloin steaks GF
- Beef sausages with caramelised onions GF
- Lemon pepper chicken skewers GF
- Harissa prawns GF
- Fresh corn on cob GF
- Sautéed mushroom, onion and green beans GF/V

Desserts

- Seasonal sliced fruit platter
- Selections of whole and mini cakes
- Fruit pavlova



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Plated Lunch & Dinner Menus__

Minimum 15 guests

2 Course set menu__

\$52 per person__ select one per course

2 Course alternate serve__

\$56 per person__ select two per course

3 course set menu__

\$62 per person__ select one per course

3 course alternate serve__

\$66 per person__ select two per course

Entrées__

- Confit Atlantic salmon, shaved fennel, watercress, ginger and soy GF
- Roast duck breast, baby carrot, pumpkin puree and fried lentils
- Pumpkin and ricotta ravioli with basil Napoli sauce and a rocket and fennel salad V
- Smoked salmon, crab meat and celeriac remoulade with preserved lemon dressing GF
- Five spiced pork belly with spiced pumpkin puree, watercress and mint salad GF
- Squid ink risotto, grilled prawns and shaved parmesan
- Grilled chicken tenderloin with baby cos lettuce, crispy bacon and parmesan Caesar dressing GF
- Chargrilled 2 bone lamb rack, wheat pearls and eggplant relish

Main courses__

- Twice cooked pork belly with steamed broccolini and sweet potato mash
- 200g grain fed sirloin with dijon mustard mash and creamy mushroom sauce GF
- Pan-fried chicken breast, sobrasada and green pea risotto GF
- 200g grain fed sirloin with crushed baby potatoes, béarnaise sauce and seeded mustard jus GF
- Braised lamb shoulder with creamy baked potatoes, onions and rosemary jus GF
- Pan roasted barramundi, potato gnocchi with green peas and creamy bisque sauce
- Vegetable Wellington with goat's cheese mousse and sauce romesco
- Salmon fillet with grilled polenta cake and salsa of baby tomatoes capers GF
- Oven baked chicken breast with potato and leek rosti, green beans and garlic jus GF

Desserts__

- Apple and custard tart with vanilla mascarpone cream
- Chocolate oprea cake with light coffee cream and peanut butter sauce
- Ricotta and Grand Marnier cheesecake with macerated berries
- Vanilla panna cotta with elderflower and ginger glaze
- Passionfruit curd tart with crushed pistachios and raspberry sauce
- Pavlova with chantilly cream, fresh fruits and passionfruit coulis
- Three chocolate tart with salted caramel sauce and fresh berries
- Freshly brewed coffee and selection of herbal leaf tea

Extras for plated dinners__

\$6.50 per bowl__

- Garden salad
- Rocket salad with balsamic dressing GF/V
- Beer battered thick cut chips with aioli V
- Steamed garden vegetables GF/V



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Canapés

Minimum 20 guests

1/2 Hour Package

\$17 per person

Selection of 3 cold or hot canapés

1 Hour Package

\$23 per person

Selection of 4 cold or hot canapés

2 Hour Package

\$33 per person

Selection of 5 cold or hot canapés with 1 dessert canapé

3 Hour Package

\$51 per person

Selection of 5 cold or hot canapés, 2 substantial canapés and 1 dessert canapé

4 Hour Package

\$70 per person

Selection of 6 cold or hot canapés, 2 substantial, 1 dessert, antipasto station & selection of cheese station

Cold Canapés

- Goats cheese tart with prosciutto crumbs
- Smoked chicken and mascarpone pinwheel
- Rare seared beef striploin with mustard cream and caramelised onion GF
- Japanese sushi rolls
- Salmon ceviche with fresh avocado and dill
- Blue swimmer crab meat with celeriac remoulade GF
- Roma tomato, basil and fetta bruschetta V
- Rare roast beef on croute with horseradish cream
- King prawn and avocado rice paper roll V
- Rock oysters with sweet ponzu dressing GF

Hot Canapés

- Onion and spinach pakora with yoghurt dressing V
- Crumbed haloumi and garlic mayo
- Steamed dumplings with spicy peanut dressing
- Malaysian chicken skewers with spicy peanut sauce GF
- Fried pork belly with hoi sin sauce
- Selection of gourmet mini pies and tomato chutney
- Salt and pepper squid with num jim dressing GF
- Spinach and ricotta parcels V
- Wild mushroom tartlet, garlic and truffle oil V
- Mozzarella arancini with spicy tomato chutney V

Substantial Items

- Beer battered flathead fillets and chips with tartare sauce and lemon
- Lamb kofta and couscous with tahini yoghurt
- Mini beef burgers
- Butter chicken and cardamom scented rice GF
- Pulled pork burger with cabbage slaw
- Beef nachos with cheese sauce
- Mini kransky rolls with pickles and mustard
- Stir fried vegetables with hokkien noodles V

Desserts

- Mini lemon meringue tart
- Dark and white chocolate mousse GF
- Apple crumbles tartlet
- Flourless chocolate cake
- Passionfruit charlotte
- Chocolate opera slice



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Live cooking station__

Prices provided per hour_ Minimum 15 Guests

Cold stations__

Seafood station__

\$36 per person

- Freshly cooked prawns, oysters, smoked salmon and marinated mussels
- Lemon and cocktail sauce GF

Dessert station__

\$19 per person

- Tropical fruits
- Petit fours
- Boutique desserts

Hot stations__

Burger station__

\$19 per person

Please select 1 item

- Mini beef with beetroot relish
- Mini Texas chicken with mustard and fennel relish
- Mini pulled pork with cabbage slaw

Roast carvery station__

\$19 per person

Please select 1 item

- Grass fed beef strip loin
- Rosemary and garlic rubbed leg of lamb
- Honey glazed ham on the bone

Served with crusty rolls, assorted mustards, condiments and gravy

Skewer station__

\$17 per person

Please select 1 item

- Chicken with spicy peanut sauce GF
- Beef with teriyaki and sesame glaze GF
- Moroccan lamb with garlic and yoghurt dressing GF

Wok station__

\$17 per person

Please select 1 item

- Teriyaki chicken and Asian greens GF
- Char siu pork, beef and mushroom stir-fry GF
- Chicken, prawns and Asian greens GF

All served with fragrant rice



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Platters__

Cold options__

Mediterranean__

\$67 per platter

- Grilled seasonal vegetables, cured meats, fried tortillas, Turkish bread and dips

Taste of Japan__

\$85 per platter

- Selection of assorted sushi, nigiri and salmon sashimi

Australian cheese__

\$85 per platter

- King Island brie, blue and cheddar with crackers and dried fruits

Something sweet__

\$85 per platter

- Chef's selection of mini cakes and petit fours

Sandwich__

\$65 per platter

- Chef's selection of sandwiches and rolls

Fruit__

\$45 per platter

- Chef's selection of seasonal fruits

Hot options__

Asian delights__

\$65 per platter

- Thai spring rolls, vegetarian curried samosas and Szechuan spiced chicken bites

Aussie favourites__

\$75 per platter

- Assorted mini pies, quiche Lorraine and beef sausage rolls with tomato chutney

Taste of Middle East__

\$85 per platter

- Lamb kofta, shish kebab, grilled haloumi and pitta bread with baba ganoush

Satay__

\$75 per platter

- Choice of Beef with garlic and sumac GF, Spicy lamb skewers GF, or Harissa chicken GF served with dipping sauce

All platters are based on 10 guests per platter



Beverage Packages__

We are pleased to offer you a choice of beverage packages for your cocktail party or dinner. Alternatively we can provide beverages on consumption or a cash bar depending on your preference.

Minimum 15 guests

Standard Package		per person
Bancroft Bridge Brut, NV, Hunter Valley, NSW	1 Hour	\$24
Bancroft Semillion Sauvignon Blanc, Hunter Valley, NSW	2 Hours	\$30
Bancroft Shiraz Cabernet, Hunter Valley, NSW	3 Hours	\$36
Tooheys New	4 Hours	\$42
James Boag's Light	5 Hours	\$48
Soft Drinks		
Mineral Water and Juices		

Classic Package		per person
Coppabella Sparkling Pinot Noir Chardonnay Brut, Tumbarumda, NSW	1 Hour	\$31
Coppabella "Single Vinyard" Sauvignon Blanc, Tumbarumda, NSW	2 Hours	\$37
Coppabella "Single Vinyard" Pinot Noir, Tumbarumda, NSW	3 Hours	\$45
Hahn Super Dry	4 Hours	\$53
James Boag's Light	5 Hours	\$61
Soft Drinks		
Mineral Water and Juices		



Premium Package		per person
La Boehme Cuvee, Mt Barker, WA	2 Hours	\$45
Petal & Stem Sauvignon Blanc, Marlborough, NZ	3 Hours	\$53
Cradle Shiraz, Hilltops, NSW	4 Hours	\$61
James Squire Amber Ale	5 Hours	\$70
James Boag's Light		
Soft Drinks		
Mineral Water and Juices		



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4_Time Outs





Meditainment__

The ability to clear the mind to focus on the task ahead is something successful people have known for generations.

We can take you there with Meditainment, a 20 minute audio-visual relaxation experience using multi-sensory techniques to clear the mind so you focus on the meeting agenda..

Yoga stretch with mindfulness__

Head to toe is a virtual 12 minute yoga stretch, a low impact routine that can be done in business attire.

Take a walk__

InBalance local area maps give you options for a 20 minute walk or run to revive the senses, relieve stress and get the creative juices flowing again.



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5__ Health & Wellbeing



Peak Performance Meetings & Events__



Novotel InBalance provides the ideal setting for a high performance health and wellbeing conference experience. Clients can choose to incorporate nutritional content, high energy time out activities and team building experiences to forge a greater connection and collaboration between meeting participants.

Health & Wellbeing experiences__

- Personal training sessions from early morning boot camps to group jogging sessions
- Virtual 30 minute work-out routine from Novotel Wellness Ambassador, Sally Fitzgibbons
- Nutrition workshops with Michele Chevalley-Hedge, Novotel InBalance Meetings nutritionist
- Team building activities through BeChallenged, global experts in building team trust and cohesion

** Additional charges apply*


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NOVOTEL

SYDNEY CENTRAL