



## Mindfull Meetings

Integrating wellness and business, our Mindful Meetings packages is tailored to create a brand new holistic experience for business meetings in Bali, combining space for work and stimulating activities to help put you in the best mindset for productivity. We have conceptualized four themes to suit your team's needs and energy, with a thoughtfully chosen menu and a selection of fitness breaks, distressing games, or spa treatments by our professionally trained therapists.

**HEALTHY:** The most conscious of our themes, the bites are sprinkled with health messages from lightly processed foods, healthy grains, lean meats, and herbal and infused beverages.

**ASIAN:** From curry, coconuts, and tahini to dragon fruits, the bites within this theme let you know you're in one of the most bounteous food-driven locations in the region.

**INDONESIAN:** Our Indonesian theme includes tastes and sounds that is quintessentially Indonesian. No less than 10 kinds of traditional market snacks.

**CONTINENTAL:** The Continental theme carries everything that the modern executive is familiar with.

	Area (sqm)	Height (m)	U-shape	Classroom	Banquet	Theatre
<b>In-Villa Meeting</b>	50 sqm	2,4 m	24	24	24	48

### Full-day package. Inclusion:

- 2 x coffee breaks
- 1 x lunch
- Provision used of 8 hours meeting room
- Pads, pens, and bottled water
- WiFi access and standard sound system with microphone (1x flipchart, 1x whiteboard)
- Facilities: 800-watt sound system, two wireless microphones, 1800 ANSI Lumens projector and 90-inch screen

### Half-day package. Inclusion:

- 1 x coffee break
- 1 x lunch
- Provision used of 4 hours meeting room
- Pads, pens, and bottled water
- WiFi access and standard sound system with microphone (1x flipchart, 1x whiteboard)
- Facilities: 800-watt sound system, two wireless microphones, 1800 ANSI Lumens projector and 90-inch screen

For reservations, please call +62 361 730 333 or email [sales@peppersseminyak.com](mailto:sales@peppersseminyak.com) or [reservations@peppersseminyak.com](mailto:reservations@peppersseminyak.com). [www.peppersseminyak.com](http://www.peppersseminyak.com)





# HEALTHY

## THEME MEETING PACKAGE

**08:30 - 09:00**

Morning stretch session\*

**09:00 - 10:30**

Meeting started

**10:30 - 11:00**

Morning coffee break

- Red dragon smoothies with granola, strawberry, coconut flakes, chia seed 🥥
- Apple turnover
- Spinach, sweet corn and cheddar frittata [V]
- Healthy juices
- Ginger cold brew
- Herbal tea
- Chill out music from Harman Kardon

**11:00 - 12:30**

Meeting

**12:30 to 13:30**

Family style lunch  
at The Laneway Restaurant

- Healthy chicken & quinoa salad
- Grilled Mexican sweet corn [GF]
- Baked potato [GF]
- Vegetable skewers [GF]
- Tuna on betel leaf [GF]
- Mix Fruit, sorbet, strawberry coulish [GF]

**13:30 to 15:00**

Meeting

**15:00 to 15:30**

Afternoon coffee break\*\*

- Mini chicken and vegetable puff [GF]
- Mixed fruits tartlets [GF]
- Spiced potato and peas cigar
- Lemon and meringue tart
- Warm crumbed mozzarella

**15:30 to 17:00**

Meeting

[V] - Vegetarian [GF] - Gluten Free 🥥 - May contain nuts or nuts tree

\* **Types of morning stretch :**  
*Indonesian body stretching or Tai Chi.*

\*\* **Types of activity during break:**  
*Head & shoulder massage, mini golf, dart, congklak.*

- Assorted snacks and beverages will be provided during meetings

- All menu items are subject to change according to seasonality and availability.





# INDONESIAN

## THEME MEETING PACKAGE

**08:30 - 09:00**

Morning stretch session\*

**09:00 - 10.30**

Meeting started

**10:30 - 11:00**

Morning coffee break

- Wingko babat
- Vegetable spring rolls [V]
- Dadar gulung
- Lemper gulung ayam
- Fresh fruits
- Fresh local
- Fruit juices
- Fruit flavored ice tea
- Coffee and tea
- Balinese music background from Harman Kardon

**11:00 - 12:30**

Meeting

**12:30 to 13:30**

Family style lunch  
at The Laneway Restaurant

- Gado gado [V] [GF]
- Jimbaran grilled fish fillet [GF]
- Sweet and spicy prawn [GF]
- Nasi goreng
- Fresh seasonal fruit

**13:30 to 15:00**

Meeting

**15:00 to 15:30**

Afternoon coffee break\*\*

- Krokot kentang
- Kue karamel
- Otak otak ikan
- Pisang goreng
- Pastel gurih

**15:30 to 17:00**

Meeting

[V] - Vegetarian [GF] - Gluten Free  - May contain nuts or nuts tree

\* **Types of morning stretch :**  
*Indonesian body stretching or Tai Chi.*

\*\* **Types of activity during break:**  
*Head & shoulder massage, mini golf, dart, congklak..*

- Assorted snacks and beverages will be provided during meetings
- All menu items are subject to change according to seasonality and availability.





# ASIAN

## THEME MEETING PACKAGE

**08:30 - 09:00**

Morning stretch session\*

**09:00 - 10.30**

Meeting started

**10:30 - 11:00**

Morning coffee break

- Fresh seasonal tropical fruits
- Asian pulled pork slider
- Pandan cake
- Chicken curry puff
- Sweet coconut Danish
- Dragon fruit juice
- Fruit flavored ice tea
- Tea and coffee
- Chill out music background from Harman Kardon

**11:00 - 12:30**

Meeting

**12:30 to 13:30**

Family style lunch  
at The Laneway Restaurant

- Vietnamese rice paper roll [GF] [V]
- Thai cucumber and beef salad [GF] 🥜
- Stir fried chicken with capsicum
- Coconut rice
- Sticky rice pudding with coconut cream

**13:30 to 15:00**

Meeting

**15:00 to 15:30**

Afternoon coffee break\*\*

- Fresh rice paper roll with nouc cham
- Crumbed Thai fish cake
- Chicken wonton
- Potato and peas samosa [V]
- Cassava and palm sugar balls

**15:30 to 17:00**

Meeting

[V] - Vegetarian [GF] - Gluten Free 🥜 - May contain nuts or nuts tree

\* **Types of morning stretch :**

*Indonesian body stretching or Tai Chi.*

\*\* **Types of activity during break:**

*Head & shoulder massage, mini golf, dart, congklak.*

- Assorted snacks and beverages will be provided during meetings

- All menu items are subject to change according to seasonality and availability.





# CONTINENTAL

## THEME MEETING PACKAGE

**08:30 - 09:00**

Morning stretch session\*

**09:00 - 10.30**

Meeting started

**10:30 - 11:00**

Morning coffee break

- Fruit Danish
- Mini cinnamon French toast
- Greek frittata [GF] [V]
- Chocolate muffin
- Granola parfait 🥥
- Chill out music background from Harman Kardon

**11:00 - 12:30**

Meeting

**12:30 to 13:30**

Family style lunch at The Laneway Restaurant

- Gourmet mix salad [GF] [V]
- BBQ chicken wings
- Swedish Meatball with mashed potato
- Mix herbs sauteed vegetables [GF] [V]
- Tropical fruit pudding with custard

**13:30 to 15:00**

Meeting

**15:00 to 15:30**

Afternoon coffee break\*\*

- Ham and cheese finger sandwich
- Chocolate cake
- Beef slider
- Mini corn dog
- Banana cake

**15:30 to 17:00**

Meeting

[V] - Vegetarian [GF] - Gluten Free 🥥 - May contain nuts or nuts tree

\* **Types of morning stretch :**  
*Indonesian body stretching or Tai Chi.*

\*\* **Types of activity during break:**  
*Head & shoulder massage, mini golf, dart, congklak.*

- Assorted snacks and beverages will be provided during meetings
- All menu items are subject to change according to seasonality and availability.