

BALANCE

BY METROPOLIS EVENTS

NOURISH . REFLECT . FOCUS

At Metropolis Events, we believe that balance is the key to a happy and focussed work life.

As a commitment to wellness in the workplace, Metropolis Events is partnering with Happy Melon Studios to bring you Balance by Metropolis Events – the healthier and more mindful way to conference.

Our expansive and versatile venue not only provides the perfect meeting space, but also lets you create your own urban sanctuary high above the south bank of the Yarra. Abundant daylight streaming through our nine metre floor to ceiling windows helps delegates stay focussed, while our healthier menus keep their mind and body nourished.

Balance by Metropolis Events features our conference package with some great additions... house-made juice or smoothie bar for arrival, delicious health focussed conference menus and a tailored mindfulness session guided by a Happy Melon Studios expert – all designed to keep your delegates engaged, alert and feeling great.

Check in, settle into stillness and cultivate a seed of mindfulness.

METROPOLIS
EVENTS

x



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FULL DAY DELEGATE PACKAGE

\$135* per person

- Arrival juice or smoothie bar
- Espresso coffee, selection of teas on arrival
- Selection of two morning and afternoon tea break items, espresso coffee and a selection of teas
- Your selection of Deli lunch or Light lunch
- Plenary room hire
- Complimentary still water, note pads and pens
- Data projector and projection screen
- Lectern and microphone
- Complimentary Wi-Fi for all delegates
- 5 to 15-minute guided meditation session by Happy Melon Studios (Ask your event specialist for a sample of the mini-meditations)

**Terms & conditions - Prices are valid for events booked and held before 30 June 2020. Minimum spends may apply.*

Please contact one of our dedicated event specialists on +613 8537 7300 or info@metropolisevents.com.au for further information or to schedule a venue visit.

HAPPY ADDITIONS ^

Happy Melon facilitators can deliver guided meditation, yoga, Pilates and fitness classes along with customised workshops to suit your event.

MEDITATION

Guided group meditation classes are aimed at improving focus, enhancing clarity, increasing connectivity and reducing stress.

YOGA

A grounding yet uplifting practice will help attendees connect with the body and mind through mindful movement and breathing. Designed to either energise and awaken (Flow Yoga) or release and restore (Yin Yoga).

FITNESS/ PILATES

Group fitness and Pilates classes are a fun, not-too-serious way to break up the day.

CUSTOMISED WORKSHOPS

The perfect wellness break-away activity that can talk to specific needs such as; Mindfulness 101, Mindfulness at Work, Sleep, Stress & Anxiety.

Also available are massage services, beautifully boxed Mindful Attitude Card sets, Happy Melon Essential Oils and Tea Blends.

^Price available upon request.

