



Mindful Meetings



FROM
£45^{.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.

Elevate your experience with bespoke activities such as yoga, foraging, and mindful sessions, in partnership with Firebird Events

firebirdevents.co.uk



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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ROYAL WINDSOR
RACECOURSE