

CREATE A WOW EFFECT THROUGH

HEALTHY EXPERIENCE

by Madrid Marriott Auditorium



MINDFUL
EATING



MINDFULNESS



ACTIVE
LIFESTYLE



DESK AND
TRAVEL
THERAPY

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saludando



HEALTHY BREAKFAST

2 hours

We will help attendees of your event to create a fantastic healthy breakfast to enjoy the benefits in the body and the mind.

Our specialists in Healthy Eating will help the people to create a breakfast that enables them to take care of their health by selecting options available in the wide offer of products in Buffet Madrid.

Choose 2 hours between 7:00am to 11:00am to include nutritional supervision in Spanish or English.



POWER OF STRETCHING

5 minutes

An action of only 5min to help the assistants to relax and to oxygenate the musculature and the cerebral activity through the stretching. This will help to keep the focus.

This activity is best indicated to do it before or after the coffee break. It can also fit in the middle of a long session of the event.

These actions will not interrupt the purpose of the event and will have a memorable effect. Recommended for any type of group regardless of the number of attendees.

Sport clothing is not required. The activities can be made at the same place as the meeting.



BREATHING & ATTENTION

5 minutes

An action of only 5min to help the assistants to relax and to oxygenate the musculature and the cerebral activity through the breathing. This will help to keep the focus.

This activity is best indicated to do it before or after the coffee break. It can also fit in the middle of a long session of the event.

These actions will not interrupt the purpose of the event and will have a memorable effect. Recommended for any type of group regardless of the number of attendees.

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TEAM BUILDING

RUN THE CITY

45 - 60 minutes

Discover the city of Madrid while you run with your coworkers. Routes through parks and emblematic places of the city. We recommend organising these activities in the early morning or during the break between the last session and dinner.

Green Route

Parque Retiro.
Parque Juan Carlos I.

Urban Route

Madrid Río.
Madrid Real.

* Includes an instructor / trainer for a capacity of 50 people per activity.
The budget can be affected by the spaces in which activities are carried out, transportation or rental of sound equipment.



TEAM BUILDING

GROUP TRAINING

45 - 60 minutes

Full Mind-Body activities such as Yoga, Pilates and Stretches or more active as Zumba or CrossFit. This will encourage the teamwork.

Possibility of Indoor or Outdoor organization.

We recommend organising this activity first thing in the morning or during the break between the last session and dinner.
We will adapt to different profiles of attendees and organising different activities at the same time.



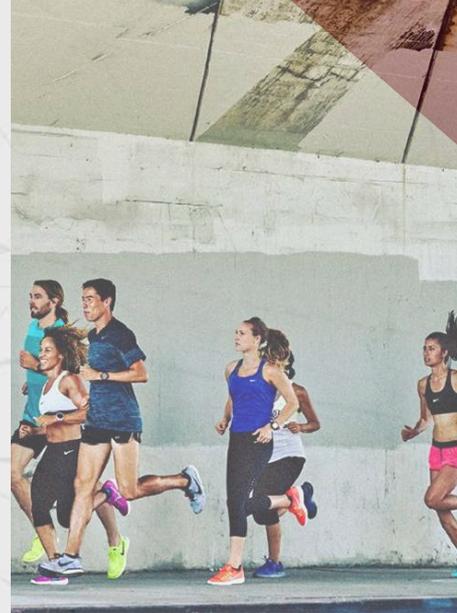
THERAPEUTIC MASSAGE

45min x assistant

Help attendees at your event to relief the back pain of long working hours, time changes and inconvenience of heavy luggage.

Relieving massage.
Jet Lag Massage.
Relaxing massage.

We offer you 3 individual massages in 45min sessions between 5 and 9 p.m. Massage schedules subject to the specific availability of the day.



PERSONALIZE YOUR EVENT

Regardless of the WOW Effect that you choose, we will adapt the location and time of our Healthy Experience space to your event. A way to make the physical and nutritional care more accessible to anyone in Madrid.

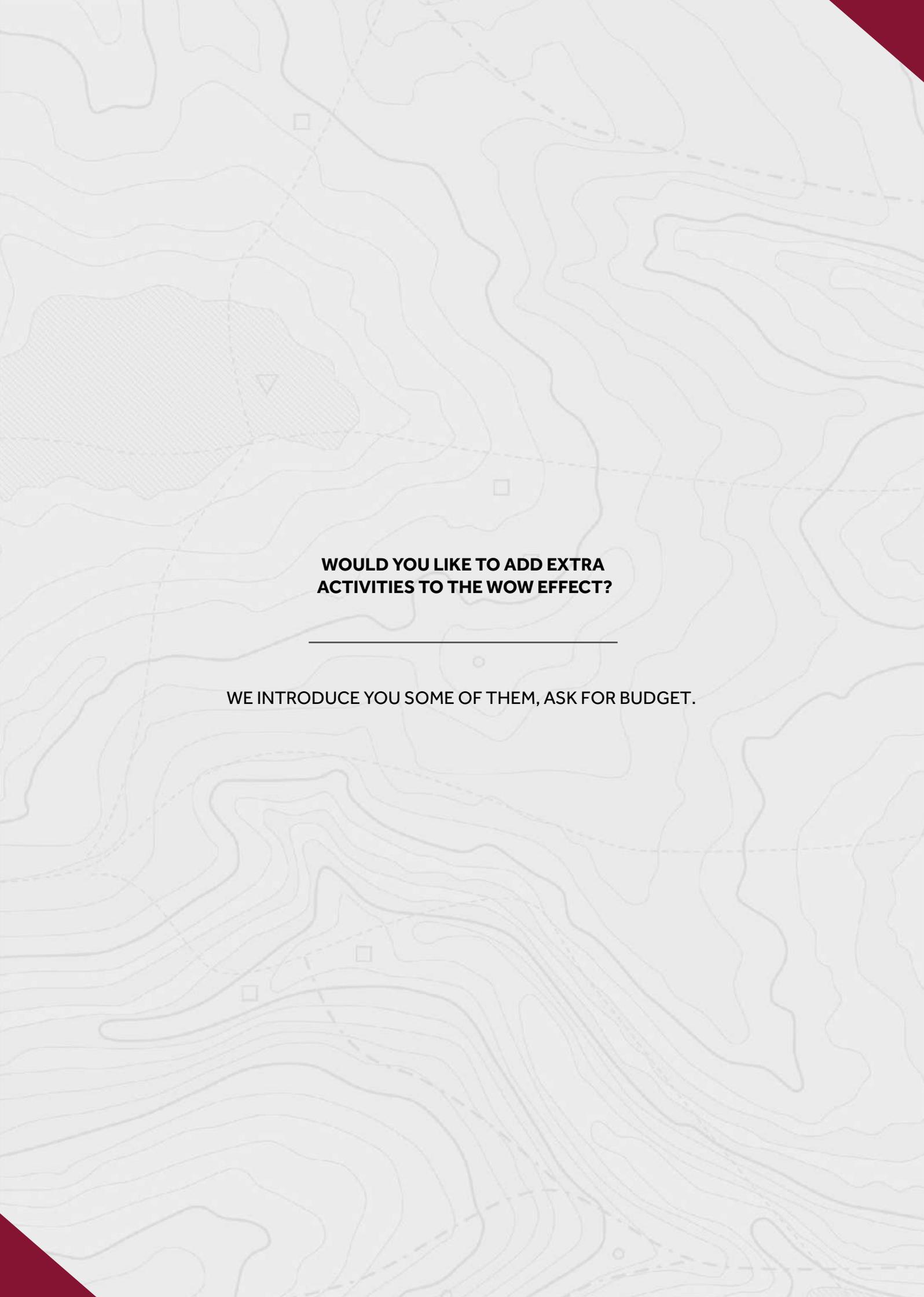
-Information and reservations of Training or Sports Activities organized specifically for attendees at your event.

-Information about the activities and services offered by the Hotel for a particular use of the assistants such as Massages or Personal Training.

Location: Madrid Buffet during breakfast and the atrium throughout the morning and afternoon.

* Personalize your roll up with the activities organized specifically for your event.





**WOULD YOU LIKE TO ADD EXTRA
ACTIVITIES TO THE WOW EFFECT?**

WE INTRODUCE YOU SOME OF THEM, ASK FOR BUDGET.



DIFFERENT ACTIVITIES

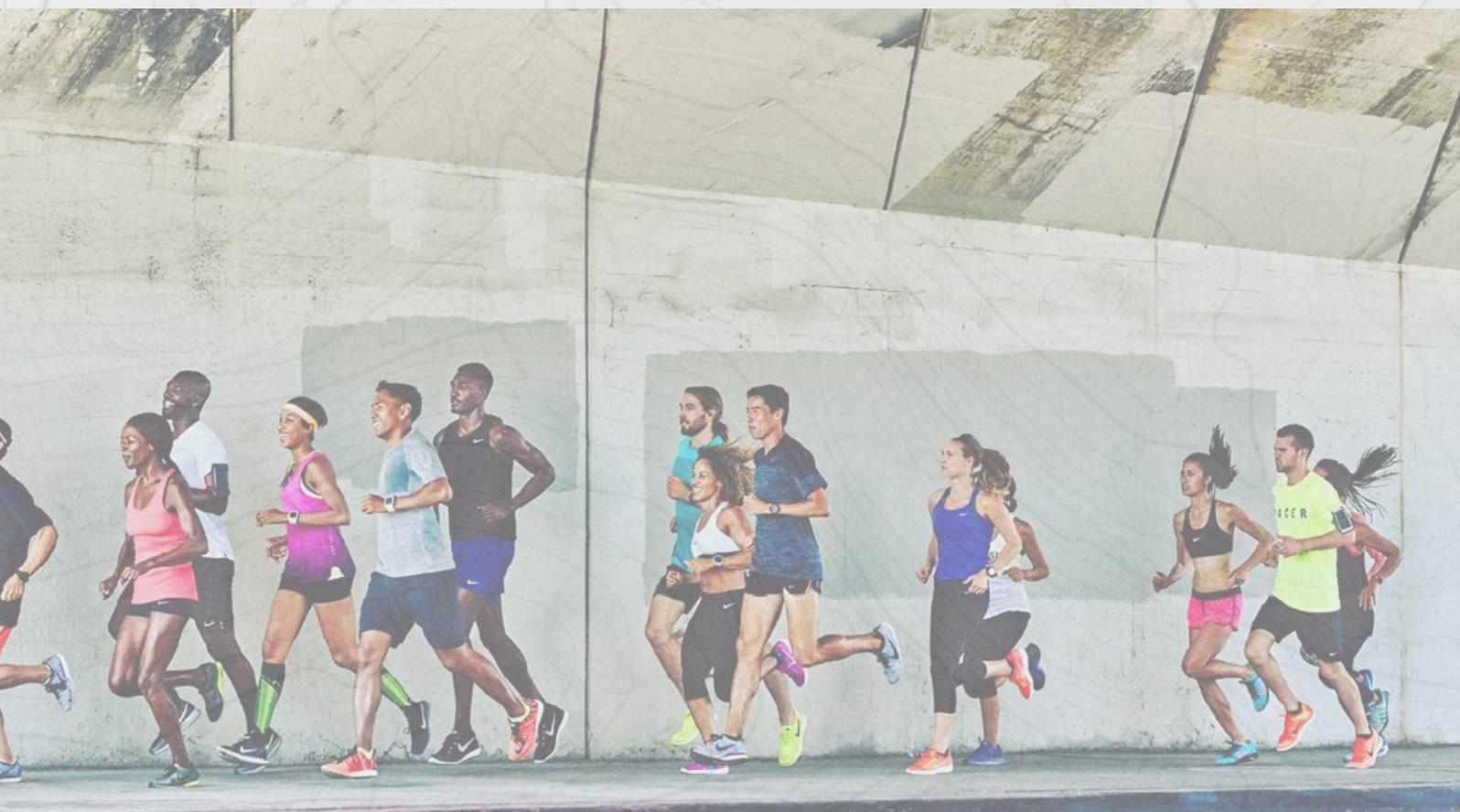
Propose different activities that can be organized at the same time to reach the different audiences and physical conditions of the members of your team.

Include proposals for Mind-Body activities such as Yoga, Pilates and Stretching or more Active such as Zumba, Run the City or CrossFit.

Example of activities

Actividad	Horario	Tarifa
Yoga class	18.00 - 18.45	courtesy of the Hotel
Run the city	18.00 - 18.45	250€
Zumba	18.00-18.45	250€
Total		500€ + VAT*

* Includes an instructor / trainer for a capacity of 50 people per activity.
The budget can be affected by the spaces in which activities are carried out, transportation or rental of sound equipment.





THERAPEUTIC MASSAGE PACKAGE

Let's create an event that promotes a healthy lifestyle in your team. Add to your free activity, different sessions of therapeutic massages to relieve the effects caused by long days of work or jet lag.

Option 1: Free activity + 10 massage sessions 45min * € 670 + VAT

Option 2: Free activity + 20 massage sessions 45min * € 970 + VAT

* Capacity of 3 massages / hour



TEAM BUILDING FUN ACTIVITIES



We organize activities to encourage teamwork and fun around a day of coexistence. It fosters the interaction between departments, between nationalities and different generations. We ensure a memorable experience.

Bubble Football, Human Foosball, Gymkana Obstacles and other fun team activities. We organize proposals for small groups and for macro events. We customize the activities according to your needs. Custom budgets. Possibility of Indoor or Outdoor organization. We recommend organizing these activities with a minimum of 2 hours.

Custom budget. Write to auditorium@saludando.es



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