



# Mindful meetings

We know what it takes to make your meeting a success.

We've thought of everything so you don't have to.

**£50.00 per person including VAT\***

## Our Mindful package includes:

- full day hire of your chosen meeting room
- fruit juice, smoothies and fruit on arrival
- healthy vegetarian buffet lunch
- afternoon woodland walk
- dedicated relaxation areas
- AV package (flipchart, projector and screen)
- stationary pads and pens
- complimentary Wi-Fi
- complimentary parking

**Valid until 20<sup>th</sup> December 2019**

\*Based on a minimum number of 10 people.  
To book or find out more please contact us.

Gilwell Park London  
Chingford, London E4 7QW  
Tel: 020 8498 5300 Email: [info@gilwellpark.co.uk](mailto:info@gilwellpark.co.uk)

[www.gilwellpark.co.uk](http://www.gilwellpark.co.uk)

Part of The Scout Association



GILWELL  
PARK  
LONDON

# Overnight Wellness Retreat

**£145 per person including VAT\***

## Our Wellness package includes:

full day hire of your chosen meeting room  
unlimited tea & coffee and/or herbal tea  
mid-morning smoothies and fruit  
healthy vegetarian buffet lunch  
afternoon woodland walk  
dedicated relaxation areas~  
AV package (flipchart, projector and screen)  
stationary pads and pens  
three course healthy dinner served in a private room  
overnight en-suite accommodation  
continental breakfast  
complimentary Wi-Fi  
complimentary parking

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