

# 2022 MEETING PACKAGES

Combining our workspace facilities with holistic wellness offerings and impact-driven activities, Eaton HK's new Wellness Meeting and Impact Meeting Packages are made for you and your team. Elevate your team's mental and physical wellbeing and give back to our community all while achieving your work goals!

## STRESS REDUCTION

Re-center the body and reduce anxiety through our relaxing therapeutic wellness classes, all led by professional instructors. Sound Bath, Yoga and Tai Chi sessions are readily available.





## **BODY IN MOTION**

An active lifestyle is a healthy lifestyle so attendees are encouraged to get moving and get energized. A kick boxing session or full body stretching workshop is a good start.

## EATING FOR ENERGY

Sustain your energy all day with delicious and environmentally conscious meals and snacks curated by our culinary team. We prepare healthy, plant-based dishes that will keep your mind and your body feeling good.





## SOUND BATH MEDITATION

Kick off the meeting with a complimentary 30-minute recorded sound bath session. The meditation experience will bring balance, relaxation, and a sense of calm to your whole being. You're off to a good start!

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## **Morning Package**

Use of a meeting room from 09:00 - 13:00

- Welcome Juices

- Detox Water Bar

- Mid-morning Break with Selection of Healthy Snacks

**HK\$580\*** per person  
(Class size: 20 to 30 persons)

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## **Half-day Package**

Use of a meeting room from 09:00 - 14:30

- Welcome Juices

- Detox Water Bar

- Mid-morning Break with Selection of Healthy Snacks

- An Executive Roll-in Green Working Lunch

**HK\$700\*** per person  
(Class size: 20 to 30 persons)

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## **Full-day Package**

**HK\$800\*** per person  
(Class size: 20 to 30 persons)

Use of a meeting room from 09:00 - 17:00

- Welcome Juices

- Detox Water Bar

- Mid-Morning Break with Selection of Healthy Snacks

- An Executive Roll-In Green Working Lunch

- Afternoon Break with Selection of Healthy Snacks

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**Special supplement to upgrade the following Private Wellness Class at HK\$150 per person or Work-Out Class at HK\$350 per person.**

Wellness Class : Sound Bath Meditation / Yoga / Tai Chi

Work-Out Class : Kick Boxing / Body Stretching / Aroma Stretch / Funky Dance

## **Meeting equipment includes:**

- Complimentary use of built-in LCD projector & screen

- Complimentary use of standard meeting equipment include laser pointer, flip chart, and public address system

- Complimentary WI-FI access

- Free parking space for the organizer (subject to availability)

- Wellness corner with ergonomic fitness equipment

- Games corner featuring a selection of classic board-games

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All prices are subject to 10% service charge

Minimum guarantee of 20 persons for each event is required

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## **Morning Meeting Package Menu**

### **Mid-morning Break**

Yoghurt, Raspberry, Granola Cup (V)  
Blueberry & Acai Muffin (V)  
Turkey & Cucumber Sandwich on Whole Grain Bread  
Fruit Yakitori (V) (GF) (DF)  
Organic Popcorn with Spirulina Seasalt (V) (DF) (GF)

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## **Half-day Meeting Package Menu**

### **Mid-morning Break**

Tomato, Olive, Bocconcini Tart (V)  
Coconut Cream with Mango & Pistachio (GF) (DF)  
Oatmeal Cookies (V)  
Fruit Yakitori (V) (GF) (DF)

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### **Executive Roll-in Lunch**

Smoked Turkey Sandwich  
*Smoked turkey, romaine, tomato, red cabbage slaw, chipotle sauce, wholegrain bread*

Or

Grilled Mediterranean Vegetable Sandwich  
*Eggplant, zucchini, peppers, pesto, rocket, wholegrain bread*

Mixed Leaves, Garden Fresh Vegetables (V) (GF) (DF)

Assorted Fruit Plate (V) (GF)(DF)

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## **Remarks**

**(V) – Vegetarian**

**(DF) – Dairy Free**

**(GF) - Gluten Free**

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# Full-day Meeting Package Menu

## Mid-morning Break

Yoghurt, Raspberry, Granola Cup (V)  
Blueberry & Acai Muffin (V)  
Turkey & Cucumber Sandwich on Whole Grain Bread  
Fruit Yakitori (V) (GF) (DF)

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## Executive Roll-in Lunch

Salmon Wrap (DF)  
*Tortilla, herb-baked salmon, rocket, pickles, onion, dill mayonnaise*

Or

Artichoke, Tomato & Hummus Wrap (V) (DF)  
*Tortilla, grilled artichokes, sun-dried tomatoes, hummus*

Mixed Leaves, Garden Fresh Vegetables (V) (GF) (DF)

Berries & Yoghurt (V) (GF)  
*Yoghurt mousse, mixed berries compote, meringue crisp*

## Afternoon Break

Dark Chocolate & Nut Bar (V) (DF)  
Smoked Salmon, Avocado & Chives on Whole Grain Bread (DF)  
Vegetable Crudités with Hummus

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## Remarks

**(V) – Vegetarian**

**(DF) – Dairy Free**

**(GF) - Gluten Free**



## TEAM-BUILDING WHILE HELPING THE COMMUNITY

Through our community outreach initiatives at Eaton HK, we are connected with local social enterprises and organizations. By arranging meaningful team-building activities through our meeting packages, your team will not only have a chance to bond, but also to help others in our community. These organizations will see an immediate and tangible benefit from your generosity. Our team will be with you every step of the way to help identify the local charitable partner the most suitable for your event!





## SUPPORT LOCAL

Show your support to local organizations and small businesses by attending their workshops with your team or client. Be productive while having fun and while supporting your community!

## DIY WORKSHOPS

Participate in DIY workshops and learn how to make your own soap, soy candle, lip balm or tie dye crafts! Take your souvenirs home; they make great gifts.





## EDUCATIONAL TOURS

Learn more about Hong Kong's beekeeping and agricultural communities by joining educational tours and site visits to Sunhing Farm in Yuen Long with our partner Beetales, or take a trip to Dyelicious Dyeing Workshop at PMQ, Sheung Wan.

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## **Half-day Meeting Package**

**HK\$500\*** per person

Use of a meeting room from 09:00 till 13:00 or 13:00 till 17:00

- Running Coffee & Tea
  - Mid-morning OR Afternoon Break with Selection of Refreshments
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## **Half-day Meeting with Lunch Package**

**HK\$620\*** per person

Use of a meeting room from 09:00 till 13:00 or 13:00 till 17:00

- Running Coffee & Tea
  - Mid-morning OR Afternoon Break with Selection of Refreshments
  - Executive Lunch
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## **Full-day Meeting Package**

**HK\$720\*** per person

Use of a meeting room from 09:00 - 17:00

- Running Coffee & Tea
  - Mid-morning Break with Selection of Refreshments
  - Executive Lunch
  - Afternoon Break with Selection of Refreshments
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## **Meeting equipment includes:**

- Complimentary use of built-in LCD projector & screen
- Complimentary use of standard meeting equipment include laser pointer, flip chart, and public address system
- Complimentary Wi-Fi access
- Free parking space for the organizer (subject to availability)

## **Compilmentary thematic corner:**

- Wellness corner with ergonomic fitness equipment
  - Games corner featuring a selection of classic board-games
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All prices are subject to 10% service charge

Minimum guarantee of 20 persons for each event is required

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## **On-site Souvenir Workshops**

Handcraft meaningful souvenirs with your team or clients while helping local social enterprises.

- Handmade Soap or Soya Bean Candles DIY Workshop c/o Wise Angel \*  
Class size : 10 persons  
Duration : 1 hour  
Cost : Instructor & Materials HK\$3,500 + Room Rental HK\$1,000
- Handmade Natural Honey Lip Balm Sticks DIY Workshop c/o Beetales Co Ltd \*  
Class size : 10 persons  
Duration : 1 hour  
Cost : Instructor & Materials HK\$3,000 + Room Rental HK\$1,000
- Sustainable Food Waste Dye Crafts Workshop c/o Dyelicious \*  
Class size : 12 persons  
Duration : 1 hour  
Cost : Instructor & Materials HK\$3,800 + Room Rental HK\$1,000

## **Off-site Workshop Experiences**

Visit the homes of bees and a food waste laboratory via our exciting off-site educational tour.

- Beetales at Sunhing Farm, Yuen Long, for a local beekeeping encounter with on-site workshop that delves into the practices of beekeeping.
- Dyelicious Dyeing Workshop at PMQ, a place where you can relax your mind, handcraft tie-dye gifts with your relatives and friends, and spend a memorable warm time together.  
Here, you can even admire the natural dyes praised by the Milan Expo as "the most beautiful color in the world", and experience the magic rebirth of leftover food.

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### **\*Remarks**

Cost of above workshops are subject to change from the vendors.  
Instructor & materials costs will go directly to the organization funding.

**For enquiries and reservations,  
please contact our Catering Sales Office**

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**HONG KONG**