

ENHANCE YOUR MEETING PACKAGE

ADD A DIMENSION OF WELL-BEING TO YOUR MEETING BY INCLUDING RELAXATION SESSIONS

At Kingbridge, we understand the profound connection between a calm state of mind and peak performance. Science has proven that one of the most important practices we can do to boost cognitive function and restore overall well-being is spend more time throughout the day in a relaxed state.

Package Details:

- Provide each of your meeting delegates with an opportunity to take a 30-minute break throughout the day to reset, rejuvenate and recharge mind and body.
- Price for each session: \$30.00 (plus 13% hst)
- Delegates can reserve their sessions prior to your off-site meeting or they can book once on property.
- Sessions are available before, during or after the meeting.
- Sessions can be reserved at revitalize@kingbridgecentre.com

TYPES OF RELAXATION EXPERIENCES



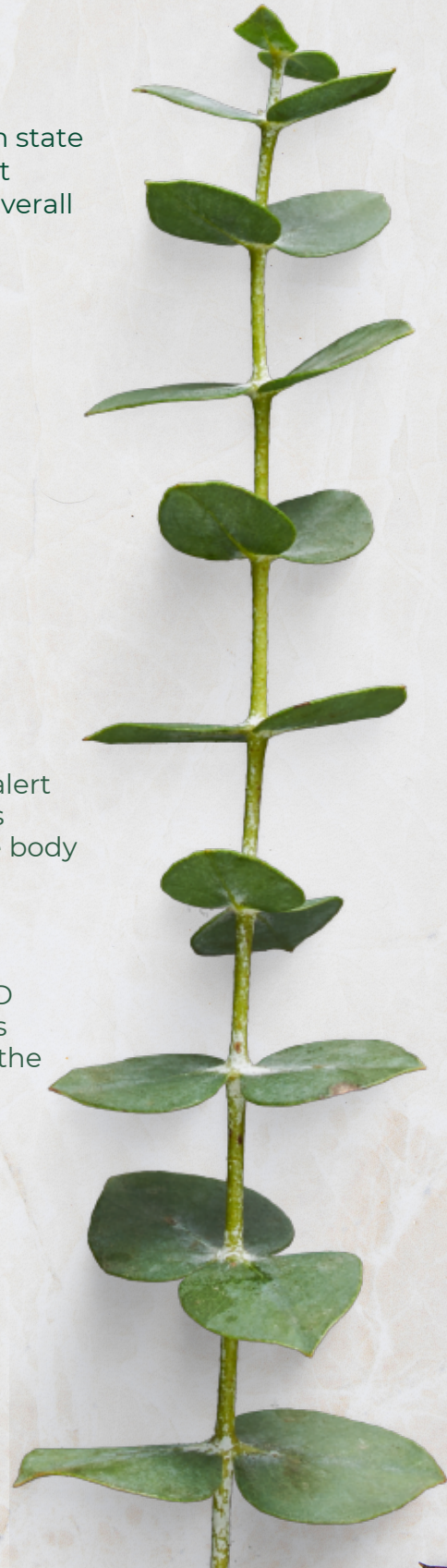
The BrainTap Light and Sound Experience

Uses frequency of light to move the brain from a wide awake, alert conscious level of thinking into a state of relaxation. The light is synchronized with sound to create a relaxation response in the body calming the nervous system and re-balancing the whole body.



InHarmony Vibroacoustic Sound Lounge

Uses sound frequencies, transducers, amplifiers, Sennheiser HD noise reduction headphones and concert quality cables. This is the ultimate immersive experience to calm a busy mind, relax the body and reduce tension.



To inquire about this package, please contact our sales team.