



A Mediterranean Recipe for a Healthy Life



BENESSERE WELLNESS CORPORATE BREAKS!

With wellness and overall team building in mind, our Benessere Breaks are intended to provide a unique experience that nourishes and motivates your group. Offer your attendees an active session, followed by wellness refreshments. A Benessere Wellness Corporate Break can be as simple as an icebreaker to kick off an all day meeting or as invigorating and challenging as a complete workout to close a productive day. Your team will walk away feeling revitalized and will remember this distinctive feature of your program!

15 GREAT MINUTES (ICE BREAKERS)

- Offered within meeting and program space
- Element of surprise

CHOOSE FROM:

Meditation (Morning Intention or Afternoon Clarity)

Stretch (Start of the Day Energy or Afternoon Re-charge)

Zumba (Latin, Disco or 80's inspired)

PRIVATE CLASS

- 50 Minute Sessions
- Private Studio (recommended)
- Towels, water, equipment all included
- Fresh Juice or Smoothie shots to conclude class
- Choose from Yoga/Pilates, Spinning, Zumba, Body Sculpt, Boot Camp

FLASH MOB

- 7-10 Minute Choreographed Dance Routine
- Remote instruction begins two weeks prior to event.
- YouTube video distributed to participants
- Determined space is flexible
- Element of surprise for non-participants

CONTACT YOUR CONFERENCE SERVICE MANAGER FOR MORE INFORMATION.

Re-energize, refresh and inspire



THE BILTMORE
MIAMI - CORAL GABLES
EST. 1926

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BENESSERE WELLNESS CORPORATE BREAKS MENU

Complete your Benessere Corporate Break with a selection of healthy refreshments and snacks.

MORNING AND AFTERNOON BREAKS

- Assorted Plain & Fruit Yogurts
- Granola, Greek Yogurt & Vine Ripened Berry Parfaits
- Whole Fresh Seasonal Fruit
- Sliced Seasonal Fresh Fruit, Vine Ripened Berries
- Health Bars & Protein Bars
- Assorted Fresh Juices and Smoothies

THEMED BREAKS

- GELATO CART - CHEFS SELECTION**
Mango Passion, Raspberry and Coconut Sorbet
- HEALTH & WELLNESS**
Fruit Smoothie Station "Made to Order"
Health & Protein Bars
Seasonal Fresh Fruit Skewers, Citrus, Greek Yogurt and Assorted Vine Ripened Berries
- BODY & SPIRIT**
Low Fat Cheesecake Bars, Bottled Fruit Smoothies
Mini Boar's Head Oven Roast Turkey, Lettuce & Tomato Spinach Wraps, Seasonal Whole Fruit
Mineral Waters & Sparkling Waters
- BUILD YOUR OWN TRAIL MIX**
House Made Granola, Flax Seed, Dried Fruits, Sliced Almonds, Chopped Walnuts, Yogurt Curls, Raisins & Banana Chips

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LEADING
HOTELS