NOBU HOTEL LONDON SHOREDITCH

MINDFUL MEETINGS PROGRAMME





DAY DELEGATE PROGRAMME



DAY DELEGATE MENUS



MINDFUL MEETINGS

 Find purpose amidst the energy of East London's creative district. Our hotel sets the tone for extraordinary meetings in an industrial yet minimalistic atmosphere.

Immerse in the essence of Nobu's contemporary Japanese hospitality, where every detail of your event is crafted to provide an unparalleled attendee experience. Rooted in the principles of Omotenashi, our service embodies warmth, attentiveness, and a genuine dedication to exceeding expectations.

WELCOME ______ 03







PENTHOUSE — 04







KAIJO _______ 05

DAY DELEGATE PROGRAMME





Our Daily Delegate Programme includes:

- Exclusive use of a meeting room from 8.00 am until 5.00 pm (access times)
- Coffee, tea and refreshments upon arrival, mid-morning and mid-afternoon breaks
- A signature Nobu bento lunch menu
- Still & sparkling mineral water
- Writing materials & stationary
- 1x Flipchart & markers
- Room hire for the meeting room and the luncheon room
- VAT
- Minimum number apply

Supplementary charges will be added for the following enhancements, as desired:

- Coffee break enhancements
- Mindful meeting exercises & services
- Audio-visual equipment, microphones, lights (quote upon request)
- Wines with your luncheon (quoted upon request)
- Floral arrangements (quote upon request)
- Post meeting networking reception (quote upon request)

SAMPLE MENU

ON ARRIVAL

FRESHLY BAKED PASTRIES | YOGHURT GRANOLA

MID MORNING

MISO COOKIES | SELECTION OF FRUIT

LUNCH: NOBU CLASSIC BENTO BOX

MID AFTERNOON

PETITS FOURS SELECTION: TARTLETS, FINANCIER & MACAROONS

THE NOBU PHILSOPHY OF 'MINDFUL MEETINGS'

MEETINGS WITH PURPOSE AND BALANCE

Nobu strives to provide meetings with purpose and balance, drawing inspiration from ancient Japanese philosophies and fostering Zen and enlightenment through spaces designed with pure simplicity or 'Kanso'. This is in order to promote wellness and sustainability to enhance healthy living and create a proactive, sustainable working environment.

Fostering a sustainable meeting space is top of mind for the hotel, from minimising the use of paper notebooks and pencils and eliminating single-use items. The team offers a variety of Nobu dishes for all meals and breaks and provides access to mindful and engaging exercises designed to benefit focus, health and wellbeing including Yoga, Sound Healing and Furoshiki workshops.



MINDFUL EXERCISES

Meeting guests can enhance their experience by incorporating mindful activities into their day, which have been designed specially to inspire creativity and promote well-being. Activities on offer include Yoga, Sound Healing and Furoshiki, supporting wellness practitioners from the local community.

YOGA



SOUND HEALING



FUROSHIKI



Start the day with a refreshing yoga session on our Penthouse Terrace, offering stunning views of Shoreditch, or enjoy a more intimate practice in our peaceful Kaijo Events Space. For a deeply meditative experience, our sound healing sessions, led by skilled instructors, combine breathwork with the soothing vibrations of crystal bowls, helping to reduce stress and foster relaxation. Add a cultural twist with our Furoshiki workshops, where participants engage in the traditional Japanese art of fabric-wrapping, a mindful and creative activity that is both fun and eco-friendly. Each of these activities offers a thoughtful way to recharge and reconnect, making your meeting or event truly memorable.

^{*}Enhancements may require third party support and additional space requirements, subject to availability and additional fees.



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