



 REGENT'S | EVENTS

Wellness and Wellbeing
Day Retreat

Regent's Retreat

Regent's Events is excited to offer our new Wellness Day Delegate Rate for 2025 in partnership with [Be In Your Element](#) and [Houston & Hawkes](#). This package combines the best of our award-winning venue, all with a focus on wellbeing, helping you and your team to be the best version of yourselves in 2025 and beyond.

Our package is comprised of several key wellbeing elements including:

A serene environment, both indoors and outdoors, with ideal conditions for wellbeing

A delicious healthy menu crafted by expert chefs to nourish your body, mind, and soul

A variety of revitalising wellbeing activities to cleanse and rejuvenate your spirit

Your wellness day can begin with meditation in our peaceful Secret Garden, helping to prepare both body and mind for the day ahead. Our dedicated team will be on hand with several food and drink offerings to support your wellbeing and kickstart your day, including refreshing mint tea and homemade granola.

Attendees can then move into a room which provides the perfect setting for a meeting that's sure to inspire and excite your team. Throughout the day, healthy food options will be available during breaks, including a variety of our vibrant new salads – all hand-crafted by our chefs on-site.

After lunch, enjoy a peaceful 20-minute walk around Regent's Park or arrange an extra activity like herbal tea bag making or breathwork exercises. As the sun sets, round off the day with a relaxing drinks reception on the Brasserie Terrace.



Regent's Retreat DDR

On arrival:

Wellbeing activity in the Secret Garden/T006 retreat studio
Fairtrade artisan herbal and spiced teas and coffee
Healthy shot
Seasonal fruit platter (vg)
Vegan coconut yoghurt, berries compote, coconut granola (vg)

Mid morning break:

Fairtrade artisan herbal and spiced teas and coffee
Selection of apple, caramel and cinnamon flapjacks (vg) and apricot and maple granola bars (vg)

Lunch break:

Salad deli lunch

Homemade mixed salads - select 2 from the below

Chickpea paprika chaat with coriander, crispy onion, pomegranate, pineapple chutney and mint (vg)

Roasted heirloom carrots with toasted buckwheat and wild sea herb dressing (vg,gf)

Korean potato salad pickled radish, lemon sesame oil, kimchi, gherkinaise and peppery mizuna (vg,gf)

Candied yam salad with wilted spinach, lime-maple dressing, shaved pecan, and crispy sage (vg,gf)

Freekeh and pine nut tabbouleh with sundried tomato and oregano dressing (vg)

Leaf salad - select 2 from the below

Classic fattoush (vg) Regent's mixed garden salad (vg,gf) baby spinach, rocket & watercress (vg,gf)

Protein - select 2 from the below

Soy-braised tofu steak (vg)

Cubed roasted salmon (gf)

Carved roasted chicken breast (gf)

Included drink options:

Unlimited filtered water

Orange or apple juice

Wellness activity:

Walk around Regent's Park

Main dietary abbreviation symbols: (vg) vegan, (v) vegetarian, (gf) gluten free



Regent's Retreat DDR

Afternoon break:

Fairtrade artisan herbal and spiced teas and coffee
Matcha, raspberry and coconut energy balls (gf)

We offer a variety of alternative catering options and wellbeing activities to suit your needs. Activity timings can be adjusted to suit your schedule. Please feel free to discuss these with your wellbeing co-ordinator.

Total prices:

No of guests:	Total
50-110 pax	£122.50
20 - 49 pax	£152.00

Alternative afternoon activity:

Breathwork - a guided session to help you reset and refocus through conscious breathing techniques.

Herbal tea bag making - craft your own herbal tea bags for a relaxing and aromatic experience.

Sound bath - immerse yourself in calming sound waves that restore balance and tranquillity.

Yoga/flow movement - gentle yoga stretches to release tension and bring awareness to your body.

Arts & crafts - unleash your creativity and relax with a hands-on, artistic activity.

Extra activities from £25.00pp more than 50 guests

Extra activities from £30.00pp less than 50 guests

Follow [this link](#) to explore the Be In Your Element brochure, where you'll find more details and information about our exciting new partnership.



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HOUSTON & HAWKES 


Be In Your Element