



MOVE, BREATHE, STRETCH.

The Palais des congrès, Organik Santé Optimale
and Capital Traiteur keep you healthy!

SPACE TO REINVENT ONESELF

Participant health and well-being are a big focus of our new generation of events. The team of wellness experts from Organik Optimal Health injects a dose of health into your day's schedule with relaxing breaks and revitalizing experiences that give your events an energy boost.

TEAM-BUILDING HEALTH ACTIVITIES

The Energy Break

Take a break to recharge your batteries. Breathe, move, stretch, connect, relax, recharge, all in your regular work clothes. A great way to manage stress and a perfect antidote for a sedentary lifestyle. Excellent for teambuilding!

Length: 5, 10 or 15 minutes

25 to 100 participants	\$500
101 to 250 participants	\$750
251 participants and more	\$1,000

PERSONALIZED GROUP CLASSES

25 to 100 participants	\$1,000
101 to 250 participants	\$1,500
251 participants and more	\$2,000

Wellness on demand

Yoga, Pilates, Zumba, meditation, Home Intensity Training, InBarre, ELDOA, cardio boxing and much more.

Length: 45 minutes

5 to SWEAT! – Let's SWEAT!

Move, sweat and get your blood pumping! Eliminate toxins along with any tension, stress or anxiety.

Length: 60 minutes

5 to RESET – Let's RESET

Calm, refocus and recentre yourself.

Length: 60 minutes

Activities can be adapted to suit any space.
No equipment necessary.



BREAKS

Round out your health breaks with a nutritious snack.

Tonic \$22 / pers.

Yogurt parfaits sweetened with honey,
fresh fruits and granola

Mini homestyle cranberry orange scones

Almond date kombu energy cubes

Green smoothies

Invigorator \$26.50 / pers.

Small fruit skewers

Crunchy vegetables and hummus

Apple nuts bread

Mocktail of your choice

Energizer \$24 / pers.

Small vegetable and cheese skewers

Trail mix

Lemon poppy seed bread

Mocktail of your choice

MOCKTAILS signature à la Montréal

Delicious alcohol-free cocktails developed by the innovative company
Made With Love. Ideal after a wellness session!

Parc La Fontaine

A mocktail with a tangy touch from berries, heat from allspice, and topped with alcohol-free beer.

Mont-Royal

The heat of chai and chilies harmonizes perfectly with the sweetness of citrus in this bold alcohol-free cocktail.

Jardin botanique

This alcohol-free cocktail is a sweet and complex stroll in a garden of flavors. Peach nectar, passion fruit, citrus, tea and honey.



Parc La Fontaine



Mont-Royal



Jardin botanique

Interested ? Contact your event manager!