

**Media Release and video from Crowne Plaza Queenstown  
May 21 2018**

**MEETINGS 2018 stand number: 176**

**Crowne Plaza Queenstown leading the way with wellbeing programmes**

A Queenstown hotel is one step ahead of market trends with inspirational mindfulness and wellness packages being offered to its conference and incentive delegates.

Crowne Plaza Queenstown is leading the way as a market innovator with three new wellness packages being showcased to domestic and international buyers attending MEETINGS 2018 next week **(May 30-31)**.

The packages were developed after the property's C&I team listened to delegates and took onboard feedback from local and international tourism agencies about the need for packages enhancing mind and performance to be included in events.

The property's new Yoga, Boot Camp and Mindfulness packages nurture guests' physical and mental wellbeing, delivered by local fitness experts Peak Mountain Fitness.

Designed to help enhance downtime in Queenstown's stunning alpine environment, delegates are encouraged to find their zen and workout with peers at a time and place to suit their schedule.

They can even compress the packages into a fun mid-conference 'shake down' in the hotel's varied and flexible event spaces.

The bespoke packages are tailored for all ages and levels of fitness and are flexible to suit time pressures and budgets.

Crowne Plaza Queenstown General Manager Anna Edie says the hotel is "very excited" to bring the exciting new concepts to its delegates.

"We love turning our boardroom into the 'not-so-bored' room and offering unique experiences for guests conferencing with us," she says.

"We work on the basis that the best ideas happen when you're under pressure but totally relaxed, so we're encouraging delegates to 'switch off' from external noise or pressures and re-centre their minds for the day or afternoon ahead.

"Following the outstanding success of our first ever yoga series, the new wellness packages will re-energise delegates to avoid the common 'death by PowerPoint' afternoon lull, and act as a fantastic ice-breaker for building new business relationships."

Scott and Jen Reynolds of Peak Mountain Fitness are delighted to be delivering the packages with their eight-strong team of fitness experts.

“We’re giving business travellers the chance to ‘hit pause’, so they can strike the right work-life balance, get the most out of their business day, and take away some invaluable tools to help in their day-to-day lives,” says Scott.

“The wellness packages are the perfect way to bring relaxation to the ‘workplace’ or work up a sweat before, or even during, a day of work, perhaps with a mini-bootcamp held in the hotel courtyard or the lakeside park opposite the hotel.

“In-house yoga sessions are set in a calming space overlooking spectacular lake and panoramic alpine views, which is really unique for a meeting venue.

“Essentially it’s fitness when you want, where you want it.”

All that exercise and deep breathing can be thirsty work, so delegates who want to finish the day ‘raising a glass’ to Central Otago vintages can do so with a Masterclass package.

Masterclass is available to delegates enjoying a three-course dinner as part of their conference package, where they’re invited to learn the story of Central Otago’s world-renowned wine region.

The enhanced dinner experience perfectly blends the work delegates might do throughout their business day with the restorative power of a food and wine journey that’s educational while still being fun.

See the wellness video [here](#).

**IHG’s Business Rewards loyalty programme offers a range of member benefits for delegates. Contact Queenstown Crowne Plaza’s expert event planning team for any event enquiries and book by June 15 2018 for 2xIHG Rewards Club points.**

### **About Crowne Plaza Queenstown**

Conveniently located in the heart of Queenstown’s visitor, retail and business district, conference and meeting rooms all boast impressive views of Lake Wakatipu, Cecil Peak and The Remarkables.

The flexible spaces have floor-to-ceiling windows offering plenty of natural light, high-end meeting technology and connectivity, and balcony access with black-out capability when views threaten to become too distracting.

The hotel’s threesixty restaurant and bar on the ground floor are the perfect places to sit back, relax and enjoy breakfast, lunch, dinner, or a good coffee. Head chef Alvaro Morales has created an array of healthy banquet options for lunch and dinner to avoid any post-conference ‘slump’.

**For more information please contact:**

**Kylie Walker - Crowne Plaza Queenstown**  
**Sales and Marketing Manager**

**T: +64 3 4410095**

**M: +64 21 0713716**

**E: [kylie.walker@ihg.com](mailto:kylie.walker@ihg.com)**

**W: [queenstown.crowneplaza.com](http://queenstown.crowneplaza.com)**