



Bisham Abbey



Meet-Well Package



The Warwick Room



The Elizabethan Room

Make your meetings more focused,
fun and productive with our new
Meet-Well Package

Meet-Well brings together the best of our historic abbey's conferencing facilities, coupled with all the health and wellness elements you'd expect from a National Sports Centre.

So, back off from the biscuits and put the pastries to one side; it's time for a new style of meeting with us at Bisham Abbey.





Our Meet-Well Package includes:

- A nutritious turbo-boost shot designed to hydrate and give fast-flowing fuel to mind and body.
- Choose an activity of your choice...this could be a session of indoor cycling, Zumba, rounders outside if the weather's good, or even a Mindfulness class to relax and refocus. Plus, before and after the sessions, you can use our great gym.
- Healthy mid-morning break such as carrot and orange muffins, or dark chocolate and beetroot cake.
- For lunch, there's two healthy courses, rounded off with ginger and manuka honey tea to aid digestion.
- For the mid-afternoon coffee break, you'll get a second wellness shot to help with circulation after a day of sitting down.
- Throughout the day, we lay on a Recharge Station with fruit, nuts and seeds to keep you focussed through the whole session.
- Boditrax - the latest body composition technology which helps build a picture of your body's 'KPIs'.



boditrax™ 

Boditrax gives you a run down of over 30 key metrics, showing how much muscle and fat is in your body, your bone mass, your metabolic age and loads more.

Our gym team will set you up, then help you go through your results. Let's see how healthy you really are.

As well as all the above, you get the standard stuff thrown in, so that's pens, flipcharts, A4 pads, still and sparkling water, Wi-Fi and audio visual kit.

The room's yours from 9am - 5pm. And after your day of Meeting-Well, you'll enter the real world a refreshed and reinvigorated delegate ready to for whatever's in store for you.

Additional charges apply for bespoke menu or additional activities. Rates are inclusive of VAT and based on a minimum of 15 delegates.

To find out about availability, or if you have any questions, call 01628 476911 or email us at booking.bisham@serco.com



Located midway between junction 4 of the M40 and junction 8/9 of the M4. Bisham Abbey is just 1 mile from Marlow High Street and 4 miles from Maidenhead town centre.

Bisham Abbey 

Contact Details

For more information or to request a tour contact our Events Team on 01628 476911 or email bookings.bisham@serco.com

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