

THE **MEETING** PROFESSIONAL.

WELLNESS

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A sense of wellbeing and inner peace

A leader from Caesars Entertainment reflects on the benefits of a recent group wellness retreat and the company's focus on health and vitality.

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MPI's monthly wellness spotlight brought to you by



Wellness is a personal experience, but it can also be shared with others. Recently, I embarked on a contemplative journey when I was invited to participate in a wellness retreat nestled in Sedona, Ariz., at the [Sedona Mago Center for Wellbeing](#) for a taste of **body and brain**.

Upon arrival, I was welcomed by the warmth of the staff and the inviting casita-style guest rooms. These simple accommodations were comfortable, but it was the natural setting that wowed. I was immediately struck by the serene beauty of the surroundings, with the towering red rocks and sprawling desert vistas exuding a sense of ancient wisdom and profound peace.

The ethos of the Sedona Mago Center is rooted in the philosophy of one planet, one humanity and embodies a deep-seated commitment to love and compassion for all beings. This ethos permeates every aspect of the retreat experience, fostering an atmosphere of unity and harmony.

One of the highlights of my stay was a morning sunrise meditation session. As the first rays of sunlight painted the sky in hues of pink and gold, we gathered on top of a hill overlooking the breathtaking landscape. Under the guidance of an instructor, we gracefully moved through poses, harmonizing our actions with the cadence of our breath. This immersive experience left us feeling revitalized and centered.



Following this practice, we entered a beautiful labyrinth. Walking mindfully along the winding paths, I felt a profound sense of peace wash over me. It was deeply moving, made even more special by the presence of my fellow travelers—six other members of the meeting and event industry.

Throughout the retreat, we were guided through a variety of wellness activities aimed at nurturing body, mind and spirit. From mindfulness exercises to Tao healing qigong sessions, each endeavor offered a unique opportunity for self-discovery and growth. The chakra empowerment workshops, in particular, helped me to tap into the energy centers within my body, fostering a deeper sense of balance and alignment.

In addition to the transformative wellness program, the retreat also emphasized the importance of clean eating. The center's full vegetarian kitchen served up delicious, nourishing meals made from locally sourced ingredients. Each dish was a celebration of

vibrant flavors and wholesome goodness, proving that healthy eating can be both satisfying and delicious.

As the days unfolded, I found myself immersed in a profound sense of wellbeing and inner peace. Surrounded by the natural beauty of Sedona, I felt a deep sense of connection to myself and the world around me. The retreat had provided me with the tools and practices needed to cultivate a more balanced and peaceful life. I find that this aids me greatly in both my work and my personal life, which directly impacts my health and ability to create and succeed.



Caesars Entertainment's wellbeing commitment

Caesars Entertainment is renowned for its world-class properties and unparalleled experiences in the heart of Las Vegas. Yet, amid the glamour and excitement of the Las Vegas Strip, there lies a deeper commitment throughout the organization—a commitment to the wellbeing of both conference attendees and its team members.

The meeting and event industry has witnessed a significant shift towards prioritizing wellness in recent years. Recognizing this evolving trend, Caesars Entertainment has taken proactive steps to incorporate wellness initiatives into its culture, in addition to launching **a menu of wellness options** for meeting planners. From healthy food options to immersive activations and inspiring speakers, Caesars Entertainment is committed to providing planners with the tools and resources needed to incorporate wellness into their conferences and events.

In addition to nutrient-rich culinary offerings, Caesars Entertainment now includes engaging wellness activations designed to inspire and invigorate. From sunrise yoga sessions to guided emotional freedom tapping (EFT) to meditation experiences, attendees can recharge and rejuvenate amidst the bustling energy of Las Vegas. These immersive activities not only promote physical and mental health, but also foster a sense of connection and community among attendees.



Caesars Entertainment recognizes the importance of education and empowerment when it comes to wellness. Through curated wellness speakers, planners gain access to insights and practical tips on integrating wellness into their events to the benefit of their stakeholders.

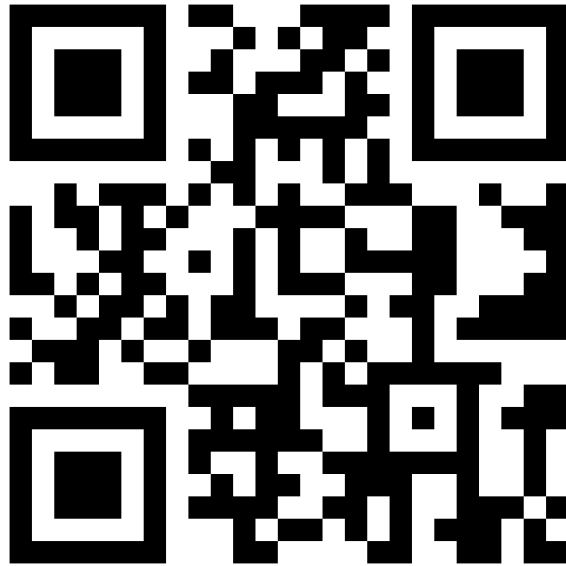
We know that small steps can make a big difference when it comes to wellness. As part of our ongoing commitment to wellness, Caesars Entertainment is proud to announce the second year of the Global Wellness Challenge for meetings and events, set to coincide with Global Wellness Day on June 8. This inclusive challenge invites meeting planners from around the world to participate. Please [join us!](#)

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WELLNESS CHALLENGE

Click the **Scan-In** button in your Challenge App and scan the QR code to get your bonus points



Manual code: **ignite24s2#3**

Scan-In: On the Challenge app's main dashboard, press the Bonus Activities selector and tap the 'Scan-In' button. Align the app viewer with the QR Code. The code will automatically be detected and provide you with a confirmation notice. Alternatively, enter the manual code in at the bottom of the scan-in screen

Bonus Points: Scan-in during the Challenge and add 1,000 bonus points to your challenge total (limit of one bonus).