

*Curated*  
PACKAGES

125 East 50<sup>th</sup> Street  
[thebenjamin.com](http://thebenjamin.com)

THE BENJAMIN

Mixology  
by Geoffrey Zakarian's  
— THE —  
**NATIONAL**  
BAR & DINING ROOMS

**Interactive Mixology**  
\$500 per hour for 10 participants,  
each additional participant \$25

A selection of hand-crafted cocktails  
presented by The National's mixologist. Learn  
tricks of the trade and classic recipes and then  
sample the creations.





# Playtime Breaks

Recharge and Refocus  
\$150 per 30 minute session

Modeling clay to encourage creativity and  
relieve stress

Coloring books to relax and enhance focus

Board games to foster interaction

# Rest & Renew

by sleep medicine expert Dr. Rebecca Robbins

## Rest & Renew Sleep Tips & Breathing Exercises

\$1,000 per hour

Learn how to properly power down and get your best night's sleep. Take time to breathe to release tension, elevate your mood and improve your performance.

## 1:1 Consultations

\$350 per 30 minute session per person

Receive personalized tips and tricks on how to improve your sleep – integral for a healthy, happy, productive lifestyle.

\*Combination packages available upon request, maximum 50 participants





# *A Celebrity Appearance*

From Critically Acclaimed  
Chef Geoffrey Zakarian  
Starts at \$15,000/hr

Make your meeting break memorable with an appearance by Geoffrey Zakarian. Customize your event with a unique meet & greet, book signing, cooking demonstration, and much more.

As a memorable keepsake, gift your guests one of Geoffrey's acclaimed books, gourmet foods, or cookware.



THE BENJAMIN

THE  
BENJAMIN  
AN  
EXECUTIVE  
SUITE  
HOTEL

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