



MY ARBOR

PROSE WELLNESS HOTEL

MY BUSINESS

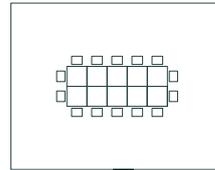
A REALLY GOOD TIME

The right setting. If I need my ideas to grow sky-high or I want to throw a party, the My Arbor has exactly what I'm looking for: Plenty of space. Plenty of privacy. A flair that exactly suits my mood. Everything I need for my event, my workshop or conference is here at my hotel in Bressanone.

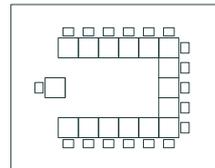
My Arbor is an out-of-the-ordinary hotel near Bressanone, high above the treetops, within reach of the sky. The view inspires me, the event room facilities with space for up to 40 people leave nothing to be desired. Speaking of wishes: The My Arbor team anticipates my every wish. Whatever the occasion, whether I want to pamper my guests with sumptuous food or surprise them with a relaxing break in the SPA Arboris.

MEETING ROOM 1 | 64 m²

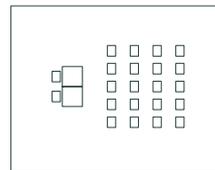
100 € full day, 80 € half day
Included with an overnight stay



Conference table
Up to 20 people



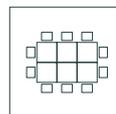
U-Shape with lectern
Up to 25 people



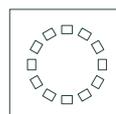
Theatre with lectern
Up to 40 people

MEETING ROOM 2 | 23 m²

50 € full day, 40 € half day
Included with an overnight stay



Conference table
Up to 12 people



Chair circle
Up to 12 people





MY BUSINESS

MY BUSINESS INCLUDED SERVICES

Flat screen TV with HDMI connection
Laser pointer
Flip chart with pens
Pinboard
Notepads and pens

MY ENERGY

€ / person

Still and sparkling spring water all day	5
Coffee with fruit and pastries	9
Aperitif <i>Hugo, Aperol Spritz, My Arbor Spritz, white wine, red wine, beer</i>	9
Non-alcoholic aperitif	9
Aperitif with three canapés	19
Business lunch <i>with salad, first course, dessert, water and coffee</i>	35
Business lunch <i>with salad, main course, dessert, water and coffee</i>	42
Five-course dinner	68

MY ACTIVE BREAK

€

Yoga, Pilates, individual workouts 1 hour per group	139
Mental Coaching 1 hour per group	139
Forest bathing up to four people 2.5 hours per person	65
Forest bathing from four people 2.5 hours per person	45

