

The Joy of Life

Presented By

MICE  **ART**
MICE Redefined

What is the programme all about?


- In the current times when all of us are trapped because of the Pandemic, enjoying the greatest luxuries of our lives are at halt.
- However we don't have to stop doing what we like to do. We believe rather, strive to make sure that you enjoy the most exquisite experiences of life sitting at the comforts of your homes.
- This is why we came up with a monthly programme called - "The Joy of Life" where we bring to you the best in class experiences to make sure the people benefit from these programmes as well as inculcate an experience and a new learning during these times.





Why is this program designed?

- Pre Pandemic the world was a bit different and we tried to give our extremely important clients experiences they might cherish. We engaged our clients in a lot of social gatherings and understood them which helped us make a strong bond with them. However in this scenario we cannot do the same by physically meeting.
- But you can definitely engage them virtually through these premium program specially designed in the interest of the people who have such likings

The background of the slide features silhouettes of four people celebrating, jumping and raising their arms in the air. They are positioned against a bright, glowing sunset or sunrise over a body of water, with the sun low on the horizon. The scene is captured in a circular frame on the right side of the slide. The overall mood is one of triumph and achievement.

Who is this programme for?

This Programme is designed for your elite clients or the senior management who would value these unique experiences and build up on it.



Art and Peace

Week : 01




Mandala Art Master Class

“Mandala Art” is a therapeutic and a sacred art form. "Mandala" is a sanskrit word which means circle. It is an ancient art form and has been widely practiced throughout the world irrespective of any religion. It is a soulful art, and by practicing it in our day to day life it brings in positivity both within ourselves and as well in the surroundings. It helps in both physical and mental well being.



Health , Wellness & Lifestyle

- Holistic Health & Lifestyle
- The Power of Visualization and the subconscious mind
- Mental & emotional wellbeing
- Power of Acceptance & Letting go
- Power of Circadian Rhythm
- Managing sleep & stress
- The healing power of music and sound



Ferments and Brews

Week : 02

Wine Appreciation Master Class

(60-90 Minutes)

WINE BASICS:

- *Indian v/s International.*
- *International wines - Traditional v/s New world Wine basics.*
- *Frankly speaking - exploding myths.*
- *Styles, serving, buying & storing.*

WINE KNOW

- *Grapes of the world.*
- *Flavor profiles.*
- *Vocabulary for different styles of wine.*
- *Meaning of vertical and horizontal tasting.*
- *Reading a label.*

GOING FORWARD

- *Tasting wine – basic, mid-level, advanced and horizontal.*
- *The theory of ‘Serving Temperature’.*
- *Enjoying wine and talking about it.*
- *Understanding wine glasses.*
- *Wine & Food.*



Mixology Appreciation (60 to 90 Minutes)

About The Home Bar:

- *Furnishing yourself with the mix.*
- *Stocking the bar.*
- *Non- alcoholic beverage enhancers.*
- *All about glasses.*
- *Ice - damned without it.*
- *Throwing a party.*
- *The right mix – who's your guest.*
- *Bitters – aromatics that elevate.*
- *Ways with the cocktail - shaken or stirred? And more*
- *Mixing at home – perfect cocktails with what's locally available*
- *The international favorites – Gin & Tonic, Margarita, Negroni, Whisky Sour, Old Fashioned.*
- *Drinks by the Pitcher*



Whiskology (60-90 Minutes)

WHISKY OR WHISKEY?

- WHISKY styles of the world.
- Understanding the differences.
- Malt v/s Blend.
- Scotch & Irish.
- Bourbon & Tennessee.
- Indian Malts - more about them.

TASTE

- Understanding flavors.
- How to taste.
- Aromatic terms.
- Mixing with whisky.
- Whisky in Food.





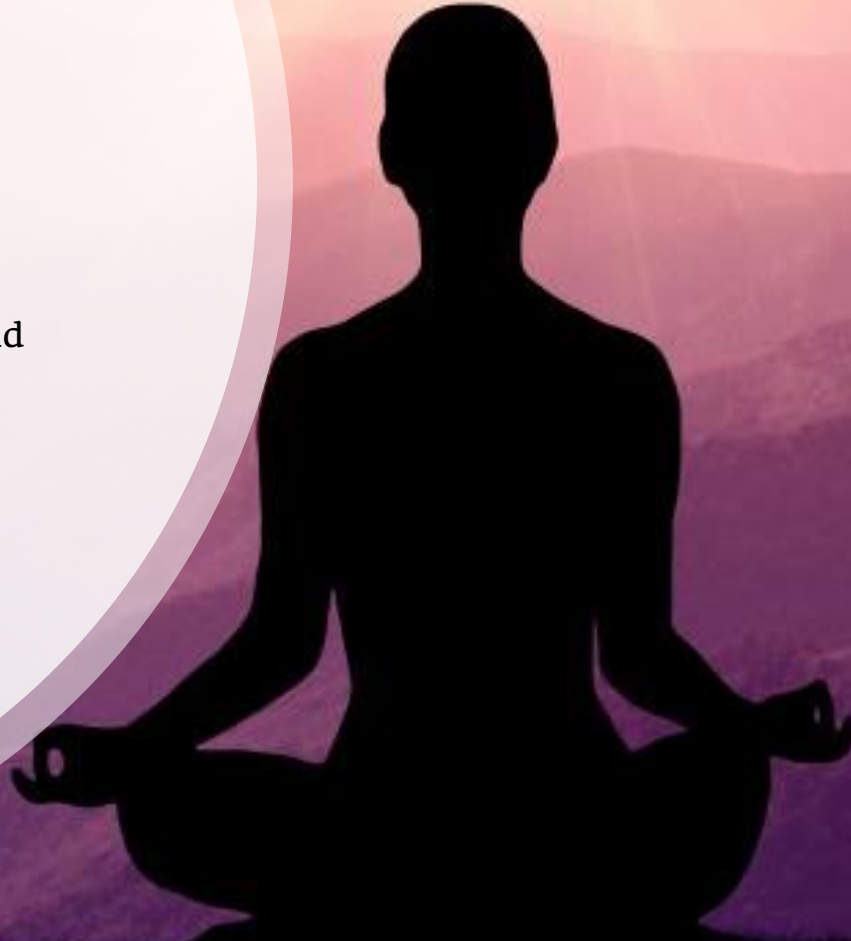
The Secrets of Life

Week : 03

AND BALANCE

Hypno- Meditation & Self Hypnosis

- Understanding the essentials of Meditation and Hypnosis and the integration of both
- Benefits of Hypno- meditation on Health and Relationships
- A beautiful meditation for total relaxation
- Gift - 3 Powerful Hypno - Meditations



7 Gears of Life

- The Power of the 7 Energy Centres - the Chakras
- Example of Chakra Reading
- Impact of Chakras on the 3 pillars of Life - Health, Wealth and Relationships
- the 49 POWER BREATHS KRIYA



Cosmic Chat

ASTROLOGY

Look deep into your character and find your underlying motivations and influences. Explore the divination and find out how the movement of the celestial bodies profoundly impacts your work life, love life and everything in between!

VASTU

Explore the traditional Indian system of architecture. Find the insight into the link between the healing art of Vastu and our homes in honing positivity and good vibes. Maintain the equilibrium of the 5 elements and let them radiate the right kind of energy.

PALMISTRY

Palmistry is the art of analysing the physical features of the hands to interpret personality characteristics and predict future happenings. Just as our ancient ancestors gazed into the night sky and created powerful correspondences between the movements of the planets and events, here on Earth, palm readers observe how the hand's attributes, connect to greater themes.

NUMEROLOGY

Every minute of our lives, revolve around numbers and they have the power to turn it all around! Just as astrology the planets and zodiac signs are connected to specific attributes within astrology, according to the teachings of numerology, certain numbers are associated with specific traits or themes, which make significant differences in our life. Learn all about it, in our numerology session.



Power of Mind


- Re-setting The Internal Thermostat
- Creating New Patterns And Destroying The Old Ones

Benefits - Ability To Understand Self Patterns And Break It, Methods And Daily Practices For A More Peaceful And Positive Mindset

A hand is shown at the bottom, holding a lit sparkler. The sparkler is bright white and orange, with many sparks flying out. The background is dark with several out-of-focus light spots (bokeh) in white and orange. The overall mood is celebratory and glamorous.

Live it up to the Glamour

Week : 04

A man in a blue suit is seen from behind, addressing a large, blurred audience in a dimly lit room. The background is warm and out of focus, suggesting a stage or conference setting. A large white circular graphic is overlaid on the right side of the image, containing text.

Inspiring Life lessons by Celebrity Motivational Speaker

Celebrity Speakers exude warmth
and spontaneous good humor.
Charismatic and inspiring speakers
are always highly motivating and
provocative.



Deliverables by MICEkart.com

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 - Art & Peace : Personalized art supplies and wellness books and kits.
 - Ferments and Brews: Wine Bottles, Glasses, Bar kits etc.
 - The Secrets of Life: CD's, Self Help Books, Music CD's etc.
 - Live it up to the Glamour: Personalized and Branded Virtual Photos.
- Post Event Montages
- Door-step Delivery of hampers



Mix and Match

All the programmes can also be individually chosen without the week-wise bifurcation and can be customized as per requirements



Ring in for a Chat!

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