

# news release

Mandarin Oriental Hotel Group Limited  
281 Gloucester Road, Causeway Bay, Hong Kong  
Telephone +852 2895 9288 Facsimile +852 2837 3500  
www.mandarinoriental.com



## **EXPERIENCE *M-OHMENTS OF WELLNESS* AT MANDARIN ORIENTAL, NEW YORK WITH AN IMMERSIVE THREE-DAY JOURNEY THAT SPANS GLOBAL WELLNESS DAY**

**Hong Kong, 6 April 2016** – Visitors and locals alike are invited to [Mandarin Oriental, New York](#) this spring to learn the practice of silent mantra meditation and attain a renewed sense of well-being under the guidance of consciousness consultant Shivangi Van Gogh, Founder of The Green Ashram. Guests participating in the *M-OHMENTS of Wellness* weekend journey, taking place June 10 through 12, 2016, will also enjoy a comprehensive and immersive program featuring spa treatments, nutritious culinary experiences and a special yoga session on Saturday, June 11<sup>th</sup> in celebration of Global Wellness Day.

Guests who experience the *M-OHMENTS of Wellness* weekend journey will be introduced to Shivangi Van Gogh's silent mantra meditation, a simple, effortless and highly-effective technique that is based on 5,000 year-old wisdom derived from the Vedas, or sacred texts, of India and practiced twice per day for 20 minutes each. Over the course of the weekend, guests will experience four 90-minute guided meditation sessions led by Shivangi Van Gogh offering comprehensive instruction on the proper techniques to become life-long meditators and achieve an expanded sense of consciousness. Participants will also enjoy specialized treatments as well as organic vegetarian culinary experiences and fresh-pressed juices designed to detox and complement the meditation practice.

Providing an oasis of tranquility high above Manhattan, Mandarin Oriental, New York offers the perfect environment to embark upon a journey of wellness and meditation with [guestrooms](#) featuring floor-to-ceiling windows overlooking Central Park, the Hudson River and the city skyline as well as a holistic award-winning [Spa at Mandarin Oriental, New York](#). In addition to the guided meditation sessions, guests will enjoy an array of experiences designed to encourage internal quiet and self-reflection, including a signature *Calm Mind Retreat* spa treatment and a group yoga lesson. Rates for the *M-OHMENTS of Wellness* experience begin at USD 1,800 per night and include:

-more-



Page 2

- Two night's accommodation in a guestroom or suite for one guest
- Daily vegetarian breakfast and lunch to complement the meditation program
- One 80-minute *Calm Mind Retreat* and access to The Spa's Heat Experiences
- Group yoga session in Central Park led by instructors from The Spa, taking place on Saturday, June 11<sup>th</sup> in celebration of Global Wellness Day

Additionally, a special days-only package is available for guests who do not require overnight accommodations.

Over the past few years, the practice of meditation has become increasingly popular with an array of techniques available to meet the needs of an individual. While meditation practice may range from silent mantra to mindfulness, each presents innumerable and lasting health, emotional and psychological benefits. According to an article that appeared in February on [\*The New York Times\*](#), "the benefits of mindfulness meditation are supposed to be many: reduced stress and risk for various diseases, improved well-being, a rewired brain." A study published in *Biological Psychiatry*, which is referenced in the piece, also suggests that those who practice meditation experience "more activity, or communication, among the portions of their brains that process stress-related reactions and other areas related to focus and calm."

"With the *M-OHMENTS of Wellness* journey at Mandarin Oriental, New York, we hope to provide each guest with a supportive environment to discover the practice and technique of silent mantra meditation and for each guest to directly experience the benefits of this daily practice," said Shivangi Van Gogh. "The experience is designed for sequential expansion of knowledge with each session building upon the last. As the guest's consciousness evolves and their meditation practice continues following the weekend, they will enjoy a deep state of inner peace, increased awareness and focus, and sustainable happiness."

-more-



Page 3

The *M-OHMents of Wellness* package is available from June 10 to 12, 2016 and reservations can be made by contacting the hotel directly at +1 (212) 805 8800 or via the Group's direct online reservations service at [www.mandarinoriental.com](http://www.mandarinoriental.com). The package is based on single occupancy for a two night stay and is subject to availability plus applicable taxes and gratuities. Local residents may book a special package that excludes room accommodations by contacting The Spa at Mandarin Oriental, New York at +1 (212) 805 8800 or emailing [monyc-spa@mohg.com](mailto:monyc-spa@mohg.com).

### **About The Green Ashram and Shivangi Van Gogh**

The Green Ashram is a platform for consciousness holding courses in meditation, Ayurveda, green living and sustainable business. Based in New York City, Founder Shivangi Van Gogh offers private client advising in all areas of life, love, business, public talks and retreat style events in Manhattan, Miami, Malibu and India as well as in some of the most beautiful places in the world. Shivangi Van Gogh graduated from Columbia University with an advanced degree in Consciousness and Science where she studied the lasting and sustainable effects of meditation, yoga and natural healing on the brain and nervous system.

### **About Mandarin Oriental, New York**

A stunning fusion of modern design with stylish Oriental flair, [Mandarin Oriental, New York](#) features [244 elegant guestrooms and suites](#) — all with breathtaking views of Manhattan and Five-Star hospitality. Luxurious amenities include [Asiate](#), the hotel's elegant restaurant; MObar created by noted interior designer, Tony Chi; the [Lobby Lounge](#) with dramatic views of Central Park; a 14,500 square-foot [Five-Star Mandarin Oriental Spa](#); and a state-of-the-art fitness center with a 75-foot lap pool. In addition, there is premium meeting and event space, including a [6,000 square-foot pillar-less ballroom](#) with three walls of windows overlooking Central Park. Located in Columbus Circle's Time Warner Center, Mandarin Oriental, New York is in an idyllic location just steps away from world-class dining, shopping and entertainment, including the Broadway Theater District, Lincoln Center, Central Park, Jazz at Lincoln Center and the Time Warner Center's collection of upscale retail shops and restaurants.

-more-



Page 4

### **About Mandarin Oriental Hotel Group**

Mandarin Oriental Hotel Group is the award-winning owner and operator of some of the most luxurious hotels, resorts and residences. Having grown from a well-respected Asian hotel company into a global brand, the Group now operates, or has under development, 46 hotels representing 11,000 rooms in 25 countries, with 21 hotels in Asia, nine in The Americas and 16 in Europe, Middle East and North Africa. In addition, the Group operates or has under development, 15 *Residences at Mandarin Oriental* connected to its properties.

Photography of Mandarin Oriental is available to download in the [Photo Library](#) of our [Media](#) section, at [www.mandarinoriental.com](http://www.mandarinoriental.com).

Visit [Destination MO](http://www.mandarinoriental.com/destination-mo/) (<http://www.mandarinoriental.com/destination-mo/>), the online version of [Mandarin Oriental Hotel Group](#)'s bespoke publication, *MO*. News about our award-winning hotels, the best dining experiences, spa treatments, travel retreats and interviews with the Group's celebrity fans is now just a click away. Further information is also available on our [Social Media](#) channels.

-end-

For further information, please contact:

*Corporate Office*  
Jeremy Viray ([jviray@mohg.com](mailto:jviray@mohg.com))  
Group Communications – The Americas  
Tel: +1 (212) 830 9383

[www.mandarinoriental.com](http://www.mandarinoriental.com)

*Mandarin Oriental, New York*  
Lisa Caruso ([lcarus@mohg.com](mailto:lcarus@mohg.com))  
Director of Communications  
Tel: +1 (212) 805 8849

Allison Vajda ([avajda@mohg.com](mailto:avajda@mohg.com))  
Senior Public Relations & Marketing Manager  
Tel: +1 (212) 805 8820

[www.mandarinoriental.com/newyork](http://www.mandarinoriental.com/newyork)