



THE SPA
AT
MANDARIN ORIENTAL
CANOUAN

*INNER
STRENGTH
OUTER
STRENGTH*



DISCOVER

Inner Strength – Outer Strength

Inner Strength – Outer Strength was developed to assist guests in using this time of disruption to create positive changes and build strength both physically and mentally.



BUILD MENTAL STRENGTH

Inner Strength

Many people find it difficult to meditate and practice mindfulness. With our *Inner Strength* activities, you will learn simple but very effective techniques to use mindfulness to release stress in the mind and body.



BUILD PHYSICAL STRENGTH

Outer Strength

Outer Strength activities are designed to get your body moving better. This section covers yoga, movement activities, and fitness to help you increase your energy and keep you strong.

ONE DAY PROGRAMME

Select one Inner Strength and
Outer Strength activity of your choice:

Inner Strength

- Yin Yoga & Pranayama
- Meditation & Pranayama
- Signature Massage
*Oriental Essence, Balinese,
Thai or Customized Massage*

Outer Strength

- Hatha/Vinyasa Yoga
- Thai Stretching
- Cycling
- Mt. Royal Hiking
- Power Walk
- Kayaking Lesson
- Paddle Board Lesson
- Snorkeling Exploration

**USD 230 for
1-day programme per person**

Subject to 16% local tax and 11% service charge.



TWO DAY PROGRAMME

Select two Inner Strength and two Outer Strength activities of your choice (two activities per day)

Inner Strength

- Yin Yoga & Pranayama
- Meditation & Pranayama
- Signature Massage
Oriental Essence, Balinese, Thai or Customized Massage

Outer Strength

- Hatha/Vinyasa Yoga
- Thai Stretching
- Cycling
- Mt. Royal Hiking
- 3K Walk & Run
- Kayaking Lesson
- Paddle Board Lesson
- Snorkeling Exploration

USD 430 for

2-day programme per person

Subject to 16% local tax and 11% service charge.

THE SPA AT MANDARIN ORIENTAL, CANOUAN



FIVE DAY PROGRAMME

Select five Inner Strength and five Outer Strength activities of your choice (two activities per day):

Inner Strength

- Yin Yoga & Pranayama
- Walking Meditation
- Signature Massage
*Oriental Essence, Balinese,
Thai or Customized Massage*

Outer Strength

- Hatha/Vinyasa Yoga
- Thai Stretching
- Spinning Class
- Cycling
- Mt. Royal Hiking
- Power Walk
- Kayaking Lesson
- Paddle Board Lesson
- Swimming Lesson

**USD 1,200 for
5-day programme per person**

Subject to 16% local tax and 11% service charge.

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