

# news release

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## **MANDARIN ORIENTAL, BODRUM HOSTS CELEBRITY COACH, RUBEN TABARES AND SHAOLIN KUNG FU MASTER, MASTER HU**

**Hong Kong, 29 June 2017** – This year, [Mandarin Oriental, Bodrum](#) is offering guests the opportunity to indulge in specially designed holistic wellness experiences on the stunning Turkish Riviera. The property will be hosting strength and conditioning coach, Ruben Tabares and Shaolin Kung Fu Master, Master Hu both offering personalized and focused wellness and nutrition programmes to guests this summer.

World-leading elite personal trainer, strength conditioning coach and nutritionist, Tabares specializes in developing every client's athletic ability along with providing the tools necessary to make a lifestyle change based on individual growth and purpose. Guests can choose from a range of thoughtfully designed and effective programmes created by Tabares. Each programme commences with an initial physical assessment followed by an intensive workout plan, nutritional consultation and personalized wellness massages.

In partnership with Reebok, Tabares will also be hosting week-long Olympic style pop-up camps for kids, with a mini Olympic Games at the end of every week. Running every week from Monday to Friday, kids can sign up for a week of fun filled activities that will include speed drills, plyometric games, athletic running drills for correct running technique, ball games and more, while also teaching kids how to look after their bodies and become healthier.

With more than 20-years of experience as a student and a teacher of the Shaolin tradition, Master Hu will also be at the property giving guests an in-depth authentic experience into several aspects of Shaolin cultural tradition. Guests can attend workshops and lectures by Master Hu on the power of tea and food on the human body and mind in addition to daily martial arts lessons in King Fu, Qi Gong, Tai Chi Chuan and Meditation. The sole purpose is to enhance guests' mental and spiritual balance in a serene and natural environment.

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Page 2

The *Ruben Tabares programmes* for guests at Mandarin Oriental, Bodrum start at EUR 675, and are available until end of September.

The *Olympic Pop-Up Training Camp* for young athletes hosted by Ruben Tabares in cooperation with Reebok, costs EUR 475 for one week. The camp will run until the end of September, from Monday to Friday and includes 2 one-hour sessions a day and Reebok goodie bags.

*Master Hu's one hour programmes* cost EUR 95 per session and are available until end of August.

All guests, whether booking programme packages or a la carte workshops and treatments, can stay in luxurious accommodation at the hotel at rates starting from EUR725.

For room reservations and enquiries, please contact the hotel's reservation department via e-mail [mobod-reservations@mohg.com](mailto:mobod-reservations@mohg.com) or call +90 252 311 28 88. [Additional offers](#) available at the resort can be reviewed online at [www.mandarinoriental.com/bodrum](http://www.mandarinoriental.com/bodrum).

### **About Mandarin Oriental, Bodrum**

Mandarin Oriental, Bodrum is located on a 60-hectare waterfront site on the northern side of the Turkish peninsula at Cennet Koyu (Paradise Bay), offering panoramic views over the Aegean Sea. Built on a series of levels nestled in the resort's landscaped hillside, surrounded by ancient olive groves and pine trees, the resort's 129 Rooms, Apartments, Suites and Villas provide the largest accommodation in the area, all with stunning sun-decks, terraces or balconies, and many with private gardens and infinity edged pools. Eight restaurants and bars showcase innovative and gastronomic cuisine, while the 2.700 sq m Spa introduces the Group's awarding-winning spa concepts together with holistic signature treatments and a range of wellness programmes. In addition, the diverse event spaces, two sandy beaches and extensive leisure facilities will bring a level of sophistication and elegance, making this the perfect luxurious hideaway retreat for discerning traveller.

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Page 3

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

Mandarin Oriental Hotel Group is the award-winning owner and operator of some of the world's most luxurious hotels, resorts and residences. Having grown from its Asian roots into a global brand, the Group now operates 29 hotels and eight residences in 19 countries and territories, with each property reflecting the Group's oriental heritage and unique sense of place. Mandarin Oriental has a strong pipeline of hotels and residences under development, and is a member of the Jardine Matheson Group.

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

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