

news release

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MANDARIN ORIENTAL HOTEL GROUP BRINGS WELLNESS INTO THE GUESTROOM

Hong Kong, 18 April 2018 – [Mandarin Oriental Hotel Group](#) has partnered with leading global health and fitness platform [Grokker](#) to bring wellness into the guestroom.

Mandarin Oriental’s world-class spa facilities and award-winning programmes cater to discerning wellness-oriented travellers, and this new initiative, which offers guests complimentary access to a custom selection of Grokker health and fitness videos to practice in-room, is designed to provide added flexibility when it comes to staying fit on the road.

Videos include a five-minute meditation to ease stress, a twenty-minute workout to achieve fitness goals plus Pilates and yoga practice sessions, including a soothing bedtime yoga practice to encourage sleep.

“It can be difficult to maintain a wellness routine while travelling,” said Jeremy McCarthy, Group Director of Spa and Wellness for Mandarin Oriental Hotel Group. “Thanks to our collaboration with Grokker, we can now deliver extended wellness expertise and activities that our guests can easily access from the comfort of their room or suite.”

“Travelling is fraught with potential obstacles to health and finding the time and space to prioritize our well-being isn’t always easy,” said Grokker CEO Lorna Borenstein. “We’re thrilled to partner with Mandarin Oriental to make our behaviour-changing wellness content also available in the hotel room.”

A selection of Grokker's fitness, yoga, meditation, and pilates videos can be viewed at the following Mandarin Oriental destinations globally: Bangkok, Hong Kong, Kuala Lumpur, Macau, Shanghai, Singapore, Boston, Miami, New York, Washington, Geneva, London, Paris and Prague, with other locations scheduled to come online throughout 2018. For reservations visit www.mandarinoriental.com

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Note to Editors:

Grokker In-room Instructors and Classes

Yoga with Celest Pereira

Celest has danced since a young age and graduated from university with a Bachelor of Science in Physiotherapy. Soon after graduating she travelled to India to study hatha yoga and Vipassana meditation which led her to a full-time career as a yoga teacher in London. Her popularity has grown quickly thanks to her clear and unimimidating style. She has been invited to teach in the world's leading yoga centres, and her classes are now available to view anytime on Grokker.

Meditation with Mark Coleman

Mark Coleman is a senior teacher at Spirit Rock Meditation Center and has been teaching Insight meditation retreats worldwide since 1997. He leads wilderness retreats from Alaska to Peru, integrating mindfulness meditation with hiking, kayaking and being in nature. He is author of *Awake in the Wild: Mindfulness in Nature as a Path of Self-Discovery*.

Pilates with Lottie Murphy

Lottie fell in love with Pilates at the age of 16 while practicing daily at ballet college. Lottie has trained with the respected Body Control Pilates in London and is well respected in the Pilates and health world.

Fitness with Sam Skelton

Sam Skelton obtained his Bachelor of Science degree from San Jose State University and has been in corporate wellness for six years. He has trained people across a broad range of ages and has experience working with those who have biomechanical challenges, including post-surgery hip and knee injury patients. Sam is an ACSM Certified Clinical Exercise Physiologist and enjoys helping people achieve their fitness goals. Some of his specialties include weight loss, strength training, and core conditioning.



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About Grokker

Grokker gets busy people hooked on wellness with over 3,700 expert-led video classes available anytime, anywhere, and on any device. Whether you have 5 minutes or 50, Grokker has the perfect fitness, yoga, mindfulness, and healthy cooking videos, along with calendaring and reminders to help you form healthy habits. Loved by users in 172 countries, Grokker was named to CNBC's 2017 Upstart 25 list for successful startups. Grokker is available on PC, mobile device, Apple Watch, and TV through Comcast, Amazon Prime, Amazon FireTV, Apple TV, Roku, Chromecast, and SKY. Grokker's enterprise engagement platform is also available as a wellness benefit from top employers. Learn more at www.grokker.com.

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 31 hotels and eight residences in 21 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. Further information is also available on our [Social Media](#) channels.

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