

# news release

The Landmark Mandarin Oriental  
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## **THE ORIENTAL SPA AT THE LANDMARK MANDARIN ORIENTAL AND MAYYA + MOVEMENT PRESENT A TRANSFORMATIONAL WELLNESS EVENING**

**Hong Kong, 14 April 2015** – For one evening only, on 12 May 2015 [The Oriental Spa](#) at [The Landmark Mandarin Oriental, Hong Kong](#) and MAYYA + MOVEMENT present their take on ‘The Urban Wellscape’ designed to enable participants to look and feel better. MAYYA + MOVEMENT is bringing their signature and acclaimed wellbeing transformation programme to guests, members and the local community.

Founded by Nealy Fischer, a leading change maker in the fitness and yoga industries for over 18 years, MAYYA + MOVEMENT is dedicated to supporting people to develop a more holistic approach to their lifelong health (mind, body and spirit) and to inspiring people all over the world to lead healthy, balanced and confident lives.

Guests joining the evening will not only escape the daily hustle of the city, but will also revitalise their mind and body with empowering fitness and nourishing food while they network within a likeminded community of others taking a similar leap from good to great.

On Tuesday 12 May, this exclusive experience will feature:

- Physique 57 signature workout experience
- Yoga stretch and meditation with Nealy Fischer
- Full bento dinner and drinks curated by Nealy Fischer and The Landmark Mandarin Oriental Chefs
- Live Talk with international adventurer and activist Anabelle Bond OBE
- Specially designed gifts, raffle and take home treats
- An opportunity to pre-register for ‘The Urban Wellscape’ Weekend in October 2015

Priced at HKD1,650 per person, the MAYYA + MOVEMENT wellness evening will be held on Tuesday 12 May 2015 from 6:30pm at The Oriental Spa.

For reservation or enquiry, please contact The Oriental Spa at +852 2132 0011 or visit <http://www.mandarinoriental.com/landmark/spa/> for more information.

**About Nealy Fischer**

Nealy has been a change maker in the wellness industry for the last 18 years, leading workshops and programmes all over the world. Nealy's devotion to supporting people develop a holistic approach to their health has inspired many all over the world to lead healthy, balanced and fulfilled lives. Nealy is a lifelong student of discovering how to live her best life and is always seeking out the best of the best in spas, yoga teachers, fitness trends and health professionals to inform and improve the care she provides to her own family, friends and clients.

For latest updates from MAYYA + MOVEMENT and Nealy Fischer visit <http://mayyamovement.com/> and stay tuned for their new website launch.

**About Anabelle Bond OBE**

Anabelle is an international adventurer and activist. In 2004 she climbed the summit of Mount Everest, making her the fourth British woman to do so and later she became the fastest woman to ever climb all Seven Summits, the highest peaks on each Continent. She has been to the North Pole with Prince Albert of Monaco and in 2009 she ran the 2 x 250km self-supported desert races. Despite her mountain climbing feats, she devotes much of her time to charity fundraising and heads the Eve Appeal to raise awareness and increase funding for ovarian cancer.

**About Physique 57**

Physique 57 is a workout technique using the barre-based method with intervals of cardio, strength training, stretching and recovery. This groundbreaking process, called Interval Overload, includes muscle-defining arm exercises, intense thigh and seat sequences, waist-chiseling ab moves and fluid stretches.

**About The Landmark Mandarin Oriental, Hong Kong**

Intimate, contemporary and ideally placed in the vortex of Hong Kong's financial and luxury shopping districts, The Landmark Mandarin Oriental, Hong Kong sets the standard for personal service and stylish sophistication. State-of-the-art technology compliments alluring interiors in all 113 spacious rooms and suites, each one a tranquil retreat for business and leisure travellers. Chef Richard Ekkebus helms the kitchen at two Michelin-starred [Amber](#) restaurant and world renowned musical talents play in the unparalleled exclusivity of [MO Bar](#), equally popular on Sundays for its indulgent lobster lunch. Escape Hong Kong's urban bustle

at The Oriental Spa with rejuvenating Yoga and Pilates plus the pure pleasures of exclusive facials, body treatments and award winning Signature Treatments. For more information and reservations visit [www.mandarinoriental.com/landmark](http://www.mandarinoriental.com/landmark).

### **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, 43 hotels representing close to 11,000 rooms in 24 countries, with 20 hotels in Asia, nine in The Americas and 14 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.

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For further information, please contact:

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