

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



THE LANDMARK MANDARIN ORIENTAL, HONG KONG TO HOST THE CITY'S FIRST NAAM YOGA WEEKEND RETREAT LED BY RENOWNED SPECIALIST ANASTASIA WILLIAMS

Hong Kong, 31 May 2016 – This October, in a first for the city, [The Landmark Mandarin Oriental, Hong Kong](#) will host exclusive classes, one-to-one private therapy sessions, and a weekend retreat package, led by the renowned Naam Yoga pioneer, Anastasia Williams.

The first to introduce Naam and Harmonyum Healing to Australia and now to Asia, Williams brings twenty years of extensive knowledge, practice and study to this unique style of yoga that involves a synthesis of yogic *asana* (movement), *mudra* (hand postures), breath, rhythm, stretching, acupressure and vocal vibration infused with Universal Kabbalah.

“Benefits of this style of yoga include balancing brain, glandular, digestive and nervous system functions, reducing emotional and mental disturbances, relieving anxiety and depression and slowing down the aging process. After all, happiness is not something you postpone for the future; it is something you design for the present,” says Helene Almgren, Director of Spa and Wellness of The Oriental Spa.

Naam is suitable for all ages and abilities and, while a weekend retreat will provide long-term benefits, individual classes will also leave attendees feeling revitalized, connected and confident.

Williams also specializes in Harmonyum Healing, a unique gentle form of bodywork that helps connect physical, mental, emotional and energetic intelligence, consciousness and collective functions.

“It is ideal for those seeking healing and insight on a more personalized level with a deep sense of peace, and has been described as akin to 20 years of meditation,” Williams says.



Page 2

The two rejuvenating retreats, available from 7 to 9 October or 14 to 16 October, are each limited to 16 persons and are priced at HKD 7,895 +10% service charge including yogi lunches and morning smoothies. For guests wishing to stay zen the full weekend, bookings can be made for two-night accommodation, breakfast, set lunch, daily smoothie and a selection of one of the hotel's newest signature in-room bath experience package at HKD 15,800 + 10% service charge per person per room or at HKD 22,800 + 10% service charge for two persons in one double room. The Urban Retreats are dedicated respectively to 'Vitality and Vibrancy in the Modern World' and 'Courage, Confidence and Self-Love.'

Designed as an exclusive 'staycation-style' retreat, the packages include morning and afternoon yoga sessions, access to the hotel's state-of-the-art Spa heat and water facilities, use of yoga mats and props, delicious lunches and fresh smoothies. And there is plenty of time to enjoy the luxury accommodation, the hotel amenities or to simply relax beside the swimming pool and discover why The Oriental Spa is one of only nine hotel spas in the world to attain Triple Five Star ratings in the *Forbes Travel Guide*.

Sign up for one or both, we think it's the perfect way to relax, rejuvenate and recharge!

For reservations, details and terms & conditions, please visit www.mandarinoriental.com or call The Landmark Mandarin Oriental, Hong Kong directly on +852 2132 0088, e-mail lmhkg-reservations@mohg.com, or go through Mandarin Oriental Hotel Group's worldwide sales and reservation offices or the Group's direct online reservations service at: www.mandarinoriental.com.

About Anastasia Williams

Anastasia Williams is a certified yoga practitioner dedicated to working with the mind, body and soul connections towards greater health, success and total well-being. A pioneer of the teachings of Naam Yoga and Meditation alongside Harmonyum Healing, Anastasia studied

-more-

Page 2

directly with Dr Levry (founder of Naam Yoga & Harmonyum Healing) alongside other master teachers in yoga, meditation and consciousness. Her approach offers yoga and meditation as an effective way to approach one's self and life with courage, reverence and a conscious heart with classes that are masterful, offering practical understanding and application towards growth, healing and success. Anastasia is also the founder of the renowned 'Magnify Your Light Retreats' with students from around the world engaging in group and private classes.

www.anastasia-williams.com

About Naam Yoga

Naam Yoga is a synthesis or EAST meets WEST: the yogic principles and elements from the east and the Kabbalistic principles and elements representing the west.

A prescriptive and preventative practice, it features tools that are both educational and translatable to daily life including meditative, energetic, physical, breath, nutritional and daily life practices.

Classes and Urban Retreat available from 3 to 19 October

Details available in a separate flyer.

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. Mixing cutting edge design and comfort, our spacious [rooms and suites](#) offer a fresh take on contemporary style, inspired by our unique urban setting. Designed by the award-winning Hong Kong-based designer, [Joyce Wang](#), each room is complemented by bespoke furniture and lighting options to create a sense of cocooning and relaxation, each one a tranquil retreat for business and leisure travelers.

-more-



Page 3

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.

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 seven 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, with the next hotel openings planned in Doha and Beijing.

Photography of Mandarin Oriental is available to download in the [Photo Library](#) of our [Media](#) section, at 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

Sally de Souza (sallydes@mohg.com)
Group Communications
Tel: +852 2895 9160

The Landmark Mandarin Oriental, Hong Kong

Jessica Chong (jessicac@mohg.com)
Director of Public Relations
Tel: +852 2132 0082

www.mandarinoriental.com

www.mandarinoriental.com/landmark