

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



WELLNESS JOURNEY WITH SHAOLIN GUNG FU MASTER AT MANDARIN ORIENTAL, MACAU

Hong Kong, 20 October 2015 – Committed to promoting health and well-being, [The Spa at Mandarin Oriental, Macau](#) is delighted to invite Shaolin Master Hu from [The Spa at Mandarin Oriental, Sanya](#) for a series of wellness workshops in Tai Chi, Qi Gong, Meditation and the art of the Zen Tea Ceremony, to be held between 26 and 29 November 2015.

Master Hu was born in 1981 in a small village near the Shaolin Temple in Henan province. At the age of seven, he entered the Shaolin Martial Arts Training Centre and was trained in various aspects of Shaolin martial arts for over twenty years. Master Hu joined the official Chinese delegation of Shaolin experts on foreign trips to South Korea, Canada, Sweden, Austria, Germany, Holland and Denmark to teach Shaolin skills. Over the years, he has also achieved a high level of expertise in Tai Chi and Qi Gong, having trained hundreds of students in both China and overseas.

In his lectures, Master Hu will speak about the positive effects of tea and healthy food on both body and mind, as well as how to restore spiritual balance through Tai Chi, Qi Gong and Meditation.

Classes are priced at MOP 350 per person per hour for a group session of five guests and above, MOP 450 per person for a group of two to four guests and MOP 550 for individual private session. Guests are also recommended to join The Spa Talk – Achieving Wellness through Tea, Qi Gong and Meditation, an all-around workshop where guests can interact and share their experiences with other health-conscious participants at MOP 300 per person. Prices are subject to 10% service charge. For more details and reservations, please contact The Spa at +853 8805 8588 or email momac-spa@mohg.com.

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In order for guests to make the most of this occasion, guestrooms can be booked at preferential rates from MOP 2,599, including breakfast. Rates are subject to 10% service charge and 5% government tourism tax. For room reservations, please contact the hotel's reservations team at +853 8805 8822 or email momac-reservations@mohg.com.

Tai Chi

Follows the principles of yin and yang with both vigorous and gentle natural movements that help relieve stress, improve balance, strengthen the muscular system and calm the mind.

Qi Gong and Meditation

Use proper breathing to unify body and mind. Proper breathing and meditation can boost energy and promote relaxation and good health.

Traditional Zen Tea Ceremony

The Shaolin Zen Tea Ceremony is an age-old art of preparing and drinking tea, which relaxes the senses and keeps body and mind in harmony. Guests can experience a spiritual, relaxing journey to their inner selves.

About The Spa at Mandarin Oriental, Macau

A four-time Forbes Five-Star winner, [The Spa at Mandarin Oriental, Macau](#) is a healing sanctuary where holistic therapies using natural products are provided in a luxurious yet serene setting. Respect for the uniqueness of each individual is the foundation of the spa experience. Skilful therapists rejuvenate body and soul by performing life-enhancing treatments, adopting both ancient and contemporary techniques in a natural manner, as well as specially developed treatments inspired by local traditions and customs. With an aim to create a well-rounded spa journey, The Spa helps guests feel relaxed and find tranquillity as soon as they set foot inside.

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About Mandarin Oriental, Macau

[Mandarin Oriental, Macau](#) is ideally situated in the heart of Macau's business, entertainment and high-end retail districts, offering easy access to all major tourist sites and transport hubs. Both Macau International Airport and the Macau-China border are only 10 minutes by car, whilst the Hong Kong-Macau ferry terminal is just a short five-minute drive away. From here, Hong Kong's airport can be directly accessed by ferry in 45 minutes and Central Hong Kong in just one hour.

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, 46 hotels representing 11,000 rooms in 25 countries, with 21 hotels in Asia, nine in The Americas and 16 in Europe, Middle East and North Africa. In addition, the Group operates or has under development, 16 Residences at Mandarin Oriental connected to its properties.

Photographs of Mandarin Oriental are available to download from the [Photo Library](#) of our [Media](#) section at www.mandarinoriental.com.

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For further information, please contact:

Corporate Office

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

www.mandarinoriental.com

Mandarin Oriental, Macau

Ada Chio de la Cruz (adac@mohg.com)
Director of Marketing Communications
Tel: +853 8805 8810

Crystal Liu (cliu@mohg.com)
Assistant Director of Communications
Tel: +853 8805 8814

www.mandarinoriental.com/macau