

# news release

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## **URBAN YOGA RETREAT WITH RENOWNED NAAM YOGA PIONEER – ANASTASIA WILLIAMS AT THE SPA AT MANDARIN ORIENTAL, MACAU**

**Hong Kong, 17 August 2016** – [The Spa at Mandarin Oriental, Macau](#) is delighted to invite a renowned Naam Yoga Pioneer, Anastasia Williams, to introduce Shakti Naam Yoga and Harmonyum Healing to Macau through one-on-one private sessions as well as exclusive group classes available from 21 to 30 October 2016.

Anastasia Williams is a certified yoga practitioner who focuses on the connection between the mind, body and soul to help guests achieve better health, success and total well-being. Bringing over 20 years of extensive knowledge, practice and study, she was the first yoga teacher to bring Shakti Naam Yoga to Australia and the first and only teacher to introduce Shakti Naam Yoga and Harmonyum healing to Asia.

Naam Yoga is a synthesis of East meets West that combines yogic asana (movement), mudra (hand postures), breath, rhythm, stretching, acupuncture and vocal vibration infused with Universal Kabbalah, suitable for people of all ages.

Private yoga sessions are priced from MOP 1,580 per person per 60 minutes, MOP 1,995 per person per 90 minutes where Anastasia will completely tailor each class to the individual needs and goals. Guests are also recommended to join the group class at MOP 380 per person on 21<sup>st</sup>, 25<sup>th</sup>, 27<sup>th</sup> October 2016 from 7pm to 9pm. Full day urban retreat is also arranged on the 22<sup>nd</sup> and 29<sup>th</sup> October 2016. 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](mailto:momac-spa@mohg.com).

In order for guests to make the most of this occasion, guestrooms can be booked at preferential rates from MOP 2,688, including 90 minutes private yoga session and breakfast for one persons. 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](mailto:momac-reservations@mohg.com).

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Page 2

### **Shakti Naam Yoga & Meditation Masterclass Series (Group Session)**

A joyful practice that powerfully offsets the stress of modern day through its intelligent and sophisticated impact on the nervous system, brain and heart. Naam Yoga & Meditation reduces emotional and mental fatigue, relieves anxiety and depression and slows down the aging process and more. A practice suitable for people of all ages and abilities, providing radiant health, happiness, and vitality.

### **Shakti Naam Yoga & Meditation (Private Class)**

Revitalises physical, mental and emotional health, enabling guests to deeply focus on the practice. Each customised session includes physical postures, specific personalised sequences, breath work and meditation.

### **Harmonyum (Private Treatment)**

Harmonyum is a profound energetic healing system that re-ignites harmony throughout the cellular body, nervous system, brain and heart. Harmonyum purifies the sub-conscious mind, allowing guests to rejuvenate and move beyond trauma, limited beliefs, anxieties, depression and any habits/tendencies that are holding them back in life.

### **About Mandarin Oriental, Macau**

One of only nine hotels in the world to attain Triple Five Star ratings in the Forbes Travel Guide. [Mandarin Oriental, Macau](#) is an elegant urban retreat exuding a subtle blend of the territory's Chinese and European heritage. Located in the city's entertainment and high-end retail centre, the hotel is just a few minutes' walk from the historic heart of town and enjoys easy access to all major transport hubs. The hotel has 213 well-appointed rooms and suites featuring panoramic views of the city's waterfront, and a tasteful range of dining facilities, including [Vida Rica Restaurant and Bar](#), [Lobby Lounge](#) and [Mandarin Oriental Cake Shop](#), offering a true epicurean indulgence. There are also extensive meeting facilities, and for complete relaxation and rejuvenation, [The Spa at Mandarin Oriental, Macau](#), a five-time Forbes Five-Star winner, provides a comprehensive array of wellness, beauty and massage programmes. The overall spa and health facilities also include a state-of-the-art fitness centre and an outdoor heated swimming pool.

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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, with the next hotel opening planned in Doha.

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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