

ORIENTAL SATURDAY Yoga & Meditation



In honour of its strong oriental heritage, [the Spa at Mandarin Oriental, Milan](#) is introducing the new **Oriental Saturday Experience**, a holistic programme that focuses on personal wellbeing to enhance energy and prepare for the much-awaited summer season.

Available **from 7th April to 30th June 2018**, the programme offers guests a holistic approach to seasonal health to alleviate stress accumulated over the course of the winter months, with the aim of preparing body and mind for the warm months that lie ahead. Every Saturday guests will be able to choose from the following activities:

_10-11am: **yoga** sessions

_11-12pm: **meditation** classes

_12-1pm: **water yoga**

Personalised energy consultations can be organised on request. Featuring an introductory tea ceremony, consultations are led by an expert therapist specialised in Chinese Medicine.

In addition, each participant will take home an exclusive yoga outfit (womenswear / menswear) created in collaboration with **The Woolmark Company**. Merino wool is one of the most technically advanced natural fibres in the world, with exceptional properties of moisture management and temperature control. It combines lightness, softness and breathability with outstanding performance above all in fitness.

Terms & Conditions

Each lesson is priced at EUR 35 per person and the personalised energy consultation is priced at EUR 60 per person. Maximum of five participants per session. The programme is not available on Saturday 21st April 2018. Cancellations made up to 12 hours before the scheduled booking are subject to a 50% cancellation fee. Cancellations made up to four hours before the scheduled booking are subject to a 100% cancellation fee. The Extra Fine Merino yoga outfit will be delivered for the first lesson booked.

Information & Reservations

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