

PRESS RELEASE August 2007

On Top of The World: Judy Krupp leads a January 2008 Himalayan Yoga Retreat at Uma Paro in Bhutan

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From 6 – 12 January 2008, Australian Yoga teacher Judy Krupp will be hosting a retreat for all levels at Uma Paro in Bhutan. This is her first visit to the Himalayan kingdom. In this all-Buddhist country, Yoga has a unique resonance. The retreat, entitled 'On Top of the World', follows Judy's successful teaching at Uma Paro's sister properties on Bali.

Krupp has over 20 years experience as a teacher with high-profile devotees from New York to Singapore. She is currently based at The Yoga Room, North Shore, Sydney. What makes Krupp unique is her relaxed style, likeable humour and her multifaceted approach to Yoga, encouraging students to move beyond their perceived limitations. Her teaching reflects her original training in the Iyengar system and work as a myotherapy body therapist to help habit-prone bodies increase strength and flexibility. In just a few days, the results are remarkable, lengthening the body, opening up the mind, and creating a general sense of calm and wellbeing.

Working with the innate spirit of Bhutan, the five hours of daily Yoga practice will be complimented by COMO Shambhala's substantial facilities in other areas of holistic wellness. Treatments, such as massage or Ayurvedic therapies can be enjoyed, as well as the traditional Bhutanese Hot Stone Uma Bath. The retreat program includes exploration of the local scenery, monasteries and valleys with an English-speaking Uma Paro guide.

Uma Paro stands at 2,300 metres on a 38-acre hilltop. Awe-inspiring views of the Paro Valley and blue-pine forest can be enjoyed from the hotel. For Yoga practitioners, the altitude is beneficial, lowering blood pressure and pulse rates, which helps clients to sleep more soundly. Cuisine is healthful, focusing on organic foodstuffs sourced from Bhutan's plentiful, all natural larder. Accommodation is indulgent, peaceful and totally private, allowing each client to connect once again with a more relaxed way of living.

Retreat guests can come alone, share a room with a friend, or opt for a villa with private massage treatment rooms. The entire experience is designed to support guests in their quest to get the most out of the Yoga retreat, which usually evinces a strong sense of camaraderie within the group.

Prices start at US \$3,740 for single occupancy in a Superior Room (Forest views), or US \$2,960 per person for double occupancy (all rates are inclusive of 10% government tax and 10% service charge, government charges and visa fees). Prices include six nights accommodation, five days Yoga instruction, breakfast and lunch daily plus welcome and farewell dinner (not beverages) and airport transfers, four cultural excursions (including Tiger's Nest monastery) and a traditional Bhutanese Hot Stone Bath and Massage (90 min).

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# Uma

PARO, BHUTAN

Presented in collaboration with Uma Paro

*Understanding Uma: Uma means 'Living House' in Bahasa Indonesian national language. Developed by COMO Hotels and Resorts, Uma properties are located in unspoilt, inland locations. They are also ecologically aware. Every aspect of an Uma resort is infused with indigenous attributes, from design to cuisine to local staff knowledge. The intention is to immerse guests in the textural richness of the resort's carefully chosen region – from culture to religion and landscape – offering the dual experience of escape and adventure. This is complemented by the holistic core of the COMO Shambhala philosophy, featuring yoga and Asian-inspired therapies. Other Uma resorts include Uma Ubud, in Bali.*

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## EDITOR'S NOTE

**The Company:** COMO Shambhala is the COMO Group's healthy living concept that spans environments, services and products, offering a full range of experiences that challenge and inspire us to greater wellbeing.

**The COMO Shambhala Offer:** COMO Shambhala advocates proactive responsibility for individual holistic wellness. This entails balancing healthy eating with pleasurable gastronomy, self-directed exercise with expert instruction, massage with greater mental repose, and thought with action. COMO Shambhala embraces all modalities of wellbeing, from yoga's ancient system of self-development to other proven methods such as Ayurveda, aromatherapy, Pilates, Tai'Chi, and Qigong. Consultants take a consultative rather than prescriptive approach, working with guests on a one-by-one basis to define and achieve their goals. COMO Shambhala cuisine offers enzyme-rich, healthy and delicious cuisine. COMO Shambhala at Home, a lifestyle brands, creates skin and bodycare products developed to complement the environments and services available.

**Property Portfolio:** COMO Shambhala owns, designs and manages seven centres of wellbeing at properties worldwide. Each location is chosen because it possesses a sense of peace in its own right, whether this is a hillside in Bhutan or riverbank in Bali. COMO Shambhala's portfolio includes COMO's city hotels spas, known as COMO Shambhala Urban Escapes (in Singapore, at the Metropolitan London and Metropolitan Bangkok), COMO Shambhala Retreats (at Parrot Cay in the Turks and Caicos, Cocoa Island in the Maldives, Uma Ubud in Bali and Uma Paro in Bhutan), and its flagship destination, COMO Shambhala Estate at Begawan Giri. In addition, COMO Shambhala owns and operates Glow, three restaurants in Singapore, Bangkok and Bali that focus on COMO Shambhala-inspired healthful cuisine.

**The COMO Group:** COMO Shambhala is part of the COMO Group, which represents Christina Ong's unique vision of contemporary living. The COMO Group encompasses Club 21, the international luxury fashion retailer, COMO Hotels and Resorts, which is the hospitality collection with properties in London, the Caribbean, Bhutan, Bali, Thailand and the Maldivian Islands, and the COMO Foundation representing the Group's philanthropic interests throughout the developing world. The Group is headquartered in Singapore.