



news release

Mandarin Oriental Hotel Group
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PERSONALISED YOGA WITH INDIAN YOGA MASTERS AT MANDARIN ORIENTAL HOTEL DU RHONE, GENEVA GENEVA, February 6, 2007 –

Mandarin Oriental Hotel du Rhone in Geneva reveals its newest service to hotel guests and to the local community; a personalized Yoga program for individuals and groups, developed by Indian Yoga Master Dr Sharma of DevYog, India.

Unique to Geneva, DevYog has devised different yoga health and healing programs to revitalize body, mind and soul. The physical aspect of yoga will be taught in its purest form as laid down by the Indian Sage Patanjali. Both a wellness program and yoga for particular illnesses will be available by highly experienced yoga masters as treatment against ailments such as asthma, migraine, backache, stress-management, hypertension and arthritis. Following the ancient philosophy of healing from within, Hathayoga consists in a series of gentle yogic exercises, performed by static-stretching the body into various postures. These exercises strengthen the external muscles and also massage the internal organs. Pranayama, the art of correct breathing, will form a part of the lesson.

Private lessons will be available for hotel guests and for local residents. Additionally a Corporate Yoga Program is available for local companies. Residential meeting delegates may also enjoy the benefits of our Yoga Masters by participating in creative “Yoga Breaks”. Replacing traditional coffee breaks, these 15-minute sessions will include meditation, stretching and detoxification exercises. Private classes start at CHF 125.00 per person for a 60 minute session which includes mantra chanting, static yoga postures, relaxation and pranayamic breathing exercises and at CHF 60.00 per person for a 30-minute special Pranayama session. Ailment specific sessions start at CHF 150.00 per class for a 60-minute session, while 15-minute Yoga breaks for Residential Conferences start at CHF 35.00 per person.

Additionally, for guests wishing to undertake Yoga for the first time or for Yoga practitioners wishing to further enhance their Yoga skills, the hotel has created a special Weekend Yoga Package. The package incorporates both educational and practical elements of this ancient art and starts at CHF870 for single occupancy accommodation and from CHF 1300 for double occupancy accommodation and includes:

- 2 nights accommodation in a Deluxe room
- Buffet Breakfast daily
- A 30 minute counseling session with your own yoga instructor
- A 60 minute personal yoga session per day
- A 60 minute massage, once during stay
- A 60 minute lecture on the principles and benefits of Yoga
- Special welcome Amenity

This package is inclusive of service and VAT, but subject to City Tax at CHF 4.25 per person per night. **About Mandarin Oriental Hotel Group** Mandarin Oriental Hotel Group is the award-winning owner and operator of some of the world's most prestigious hotels and resorts, currently operating 20 luxury hotels with a further 11 under development in Riviera Maya-Mexico and Hainan Island-China (2007), Barcelona, Boston and Grand Cayman (2008), Dallas, Chicago, Las Vegas, Macau, Marrakech and Turks and Caicos (2009). In total, Mandarin Oriental now operates, or has under development, almost 9,000 rooms in 18 countries with 13 hotels in Asia, 12 in the Americas and six in Europe and North Africa. Photography of Mandarin Oriental is available to download, in high and low resolution, in the *Photo Library* of our *Media* section, at www.mandarinoriental.com.

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