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Maya Fiennes leads "The 7 Chakras through Kundalini Yoga" at COMO Shambhala Estate at Begawan Giri, Bali, in January 2008

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Maya Fiennes combines her skills as a Kundalini Yoga instructor, her talents as an internationally renowned musician and her upbeat personality to lead an inspirational Yoga retreat from 8<sup>th</sup> to 13<sup>th</sup> January 2008. This will be the first time she has worked with COMO Shambhala, the retreat taking place at the company's flagship, COMO Shambhala Estate at Begawan Giri in Bali.

Maya is a K.R.I certified Kundalini Yoga teacher born in Macedonia and now based in England where she came in the early 1990's to complete her training as a classical pianist. She was soon playing to audiences as diverse as The United Nations Assembly and members of the Royal Family. Now her music is a powerful combination of ambient, dance, world and classical styles.

Having practiced a variety of Yoga methods for years, Maya trained to be a Kundalini Teacher under Shiv Charan Singh at the Karam Kriya School in London. Maya's philosophy of good health and living with inner peace and confidence has made her one of the most in-demand teachers in the city.

Maya's most recent music release 'Mayaspace' is a fusion of Yoga mantras featuring guest spots from friends and peers such as Deepak Chopra.

During this four-day Bali retreat Maya will teach a unique style. Based on the Kundalini method, she uses her own original music to awaken the spirit, energise the body and relax the mind. Daily practice will include movement, breath, chants, mantra and sound vibration. Fun and uplifting, Kundalini Yoga is specifically designed for busy minds, releasing tension and stress and building the immune system. It is accessible to practitioners of all levels of experience.

Guests will also be able to benefit from the Estate's substantial health facilities, the entire property designed as a high-end residential wellness retreat. A team of highly skilled staff offer a huge range of massage therapies, and wellness consultations (Ayurvedic Doctor, Nutritionist, Exercise Physiologist, Martial Arts practitioner and Pilates Instructor). Guests can relax in the sauna and steam rooms or swim in the 25m lap pool fed from The Source, a natural holy spring locally revered for its health-giving properties. Biking, climbing and rafting are also available plus invigorating guided walks that take in the spectacular local landscape.

The Estate itself is nestled amid jungle greenery on a peaceful riverbank close to the inland, artists' town of Ubud. Accommodation is private, spacious and uniquely designed. Individual villas are hidden among the forest canopy, all with pools, others with private treatment rooms. Cuisine is locally sourced, healthy and organic. Retreat guests have the use of a personal assistant and service is cosseting. The intention is to create a quiet, luxurious space that allows one to clear the mind and connect with nature.

Retreat rates range from \$2743 for single occupancy or \$4189 for double occupancy in a Garden Room to \$7167 for single occupancy or \$8613 for double occupancy in a COMO Shambhala Suite (all rates are inclusive of Government Tax and Service Charge). Prices include five nights accommodation (8<sup>th</sup> – 13<sup>th</sup> January 2008), daily breakfast, daily brunch on Yoga days, welcome dinner, farewell dinner and all airport transfers.

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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.