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TRANSFORMATIONAL WELLNESS EVENING

5, 2015

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The Oriental Spa at The Landmark Mandarin Oriental and Mayya+Movement Present a Transformational Wellness Evening

14th April 2015 - For one evening only, on Tuesday, 12th May 2015 The Oriental Spa at The Landmark Mandarin Oriental, Hong Kong and MAYYA + MOVEMENT present their take on 'The Urban Wellscape' designed to enable participants to look and feel better. MAYYA + MOVEMENT is bringing their signature and acclaimed wellbeing transformation programme to guests, members and the local community.

Nealy Fischer has been a leading change maker in the fitness and yoga industries for over 18 years. MAYYA + MOVEMENT is dedicated to support people to develop a more holistic approach to their lifelong health (mind, body and spirit) and to inspiring people all over the world to lead healthy, balanced and confident lives.

Guests joining the evening will not only escape the daily hustle of the city, but will also revitalise their mind and body with empowering fitness and nourishing food while they network within a likeminded community of others taking a similar leap from good to great.

On Tuesday 12th May, this exclusive experience will feature:

- Physique 57 signature workout experience
- Yoga stretch and meditation with live music
- Full bento dinner and drinks curated by Nealy Fischer and The Landmark Mandarin Oriental Chefs
- Live Talk with international adventurer and activist Annabelle Bond
- An exclusive invitation to become a founding MAYYA + MOVEMENT member
- Specially designed gifts, raffle and take home treats
- An opportunity to pre-register for 'The Urban Wellscape' Weekend in October 2015









Priced at HKD1,650 per person, the MAYYA + MOVEMENT wellness evening will be held on Tuesday 12th May 2015 from 6:30pm at The Oriental Spa.

For reservations, please contact The Oriental Spa at +852 2132 0011 or visit <http://www.mandarinoriental.com/landmark/spa/> for more information.

About Nealy Fischer

Nealy has been a change maker in the wellness industry for the last 18 years, leading workshops and programmes all over the world. Nealy's

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About Nealy Fischer

Nealy has been a change maker in the wellness industry for the last 18 years, leading workshops and programmes all over the world. Nealy's devotion to supporting people develop a holistic approach to their health has inspired many all over the world to lead healthy, balanced and fulfilled lives. Nealy is a lifelong student of discovering how to live her best life and is always seeking out the best of the best in spas, yoga teachers, fitness trends and health professionals to inform and improve the care she provides to her own family, friends and clients.

For latest updates from MAYYA + MOVEMENT and Nealy Fischer visit <http://mayyamovement.com/> and stay tuned for their new website launch.

About Annabelle Bond

Annabelle is an international adventurer and activist. In 2004 she climbed the summit of Mount Everest, making her the fourth British woman to do so and later she became the fastest woman to ever climb all Seven Summits, the highest peaks on each Continent. She has been to the North Pole with Prince Albert of Monaco and in 2009 she ran the 2 x 250km selfsupported desert races. Despite her mountain climbing feats, she devotes much of her time to charity fundraising and heads the Eve Appeal to raise awareness and increase funding for ovarian cancer.

About Physique 57

Physique 57 is a workout technique using the barre-based method with intervals of cardio, strength training, stretching and recovery. This groundbreaking process, called Interval Overload, includes muscle-defining arm exercises, intense thigh and seat sequences, waistchiseling ab moves and fluid stretches.

About The Landmark Mandarin Oriental, Hong Kong

Intimate, contemporary and ideally placed in the vortex of Hong Kong's financial and luxury shopping districts, The Landmark Mandarin Oriental, Hong Kong sets the standard for personal service and stylish sophistication. State-of-the-art technology compliments alluring interiors in all 113 spacious rooms and suites, each one a tranquil retreat for business and leisure travellers. Chef Richard Ekkebus helms the kitchen at two Michelin-starred Amber restaurant and world renowned musical talents play in the unparalleled exclusivity of MO Bar, equally popular on Sundays for its indulgent lobster lunch. Escape Hong Kong's urban bustle at The Oriental Spa with rejuvenating Yoga and Pilates plus the pure pleasures of exclusive facials, body treatments and award winning Signature Treatments. For more information and reservations visit www.mandarinoriental.com/landmark.

About Mandarin Oriental Hotel Group

Mandarin Oriental Hotel Group is the award-winning owner and operator of some of the most luxurious hotels, resorts and residences. Having grown from a well-respected Asian hotel company into a global brand, the Group now operates, or has under development, 44 hotels representing close to 11,000 rooms in 24 countries, with 20 hotels in Asia, ten in The Americas and 14 in Europe, Middle East and North Africa. In addition, the Group operates or has under development, 15 Residences at Mandarin Oriental connected to its properties.

Photography of Mandarin Oriental is available to download in the Photo Library of our Media section, at www.mandarinoriental.com.

Visit 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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