**Discover the Art of Mindfulness with Four Seasons**

Celebrate the present with Four Seasons in Vietnam, Hong Kong and Chiang Mai

**March 13, 2019**,  *Hong Kong*

****

|  |  |  |
| --- | --- | --- |
| Alternative text | Alternative text | Alternative text |

Awaken to the power of the present, with Four Seasons as guide, through three thoughtfully devised offers that open the gateway to Asia’s profound beauty and compelling consciousness.

|  |  |  |
| --- | --- | --- |
| Alternative text | Alternative text | Alternative text |

Mindfulness is an art anyone can master.  Intensely personal, like the creation and appreciation of art, it’s an inward journey – taken solo with the intention of encountering oneness.  There are many paths.

From Kundalini awakening in the mystical Mae Rim Valley and mindful Michelin-starred moments in high-energy Hong Kong, to sound-induced stillness in Vietnam’s central heartland: choose the place, people and program that resonates most.

**Four Seasons Resort Chiang Mai, Thailand**

Connect with the present in the breathtaking Mae Rim valley, one of the world’s most powerfully spiritual environments.  Within the magical grounds of [Four Seasons Resort Chiang Mai](https://www.fourseasons.com/chiangmai/), where terraced rice fields flow into lush tropical gardens, wellbeing comes naturally. Against a backdrop of mighty mountains, bespoke experiences and expert instructors unite to deliver a rare sense of renewal.

“There is no better place to clear your mind and rediscover the age-old rhythms of nature – and yourself,” says [Dheeraj Patwal](https://press.fourseasons.com/chiangmai/hotel-team/dheeraj-singh-patwal.html), the Resort’s insightful resident yogi, who mastered meditation and yoga in the ashrams of India.

[*The Art of Mindfulness offer*](https://www.fourseasons.com/chiangmai/offers/art-of-mindfulness/)*:* Nourish mind, body and spirit with private pranayama and yoga classes, skilfully guided by Dheeraj. Awaken dormant energy and awareness with an enlightening Kundalini therapy at the [Spa](https://www.fourseasons.com/chiangmai/spa/), followed by a personalised dinner to suit one’s own journey of wellbeing and turndown amenities for restorative sleep: a carefully crafted program for blissful rebalancing.

**Four Seasons Hotel Hong Kong**

On the edge of storied Victoria Harbour, the landmark [Four Seasons Hotel Hong Kong](https://www.fourseasons.com/hongkong/) is an urban powerhouse that encapsulates the city’s irresistible energy: where [eight Michelin stars](https://press.fourseasons.com/hongkong/hotel-news/2018/michelin-starred-restaurants/) and a [Zen-inspiring Spa](https://www.fourseasons.com/hongkong/spa/) help heighten awareness to the bounty and brilliance of living mindfully in every situation.

"Spa is everywhere and can be everything. Relax," shares [Shoshana Weinberg](https://press.fourseasons.com/hongkong/hotel-team/shoshana-weinberg.html), Senior Director of Spa, rebuking the idea that appreciation of the present moment can only take place in peaceful surrounds.

[*The Art of Mindfulness*https://www.fourseasons.com/hongkong/offers/art-of-mindfulness/ *offer*](https://www.fourseasons.com/hongkong/offers/art-of-mindfulness/): Rouse the body with a leisurely breakfast.  Journey deep within during a half-day Spa immersion – an Energy Crystal Healing treatment packed with the therapeutic powers of Reiki and sound therapy; meditative tea ceremony; and scent-stimulating healing floral bath.  Then mindfully taste every 3-star Michelin mouthful during a nutritionist-devised wellness dinner at French fine dining restaurant [Caprice](https://www.fourseasons.com/hongkong/dining/restaurants/caprice/).

**Four Seasons Resort The Nam Hai, Hoi An, Vietnam**

A seaside sanctuary, [Four Seasons Resort The Nam Hai](https://www.fourseasons.com/hoian/) is firmly establishing itself as one of Asia’s leading centres of mindfulness and connection: an inward journey that begins with an in-room Interbeing program and continues through a heart-expanding line-up at [The Heart of the Earth Spa](https://www.fourseasons.com/hoian/spa/): the world’s Best Emotional Recovery Space and Top 5 Spas in the World ([Condé Nast Traveller Spa Awards 2019](https://press.fourseasons.com/hoian/hotel-news/2019/best-spas-in-the-world/)).  Resident Singing Bowl Artist, [Oanh Ngo](https://press.fourseasons.com/hoian/hotel-team/oanh-ngo.html), is the mindful master of the Spa’s 8-octave set of crystal singing bowls that is able to palpably alter the vibration of the Resort.

[*The Art of Mindfulness offer*](https://www.fourseasons.com/hoian/offers/the-art-of-mindfulness/)*:* Attune to self and surrounds during private yoga and meditation classes in the Thanh Tĩnh Yoga Pavilion: “peaceful” in name and nature.  Mindfully prepare a healthy Vietnamese meal during a [Cooking Academy](https://www.fourseasons.com/hoian/services-and-amenities/cooking-academy/) session.  Then align with internal rhythm with nature’s healing vibrations during an exclusive Nam Hai Earth Song ritual, comprising cleansing smoke, sound bath, scrub, gem-tipped tuning fork, massage and more.

# **RELATED**

|  |  |
| --- | --- |
| Alternative text | **March 8, 2019**,  *Hong Kong, China*  香港四季酒店迎接藝壇盛事  https://publish.url/zh\_hant/hongkong/hotel-news/2019/art-themed-promotions-2.html |
| Alternative text | **March 8, 2019**,  *Hong Kong, China*  香港四季酒店迎接艺坛盛事  https://publish.url/zh/hongkong/hotel-news/2019/art-themed-promotions-3.html |

# **PRESS CONTACTS**

|  |  |
| --- | --- |
| Alternative text | **Karuna Amarnath**  **Director of Public Relations and Communications**  3/F, 159 Rajadamri Road  Bangkok  Thailand  karuna.amarnath@fourseasons.com  **+66 2207 8916** |
| Alternative text | **Priscilla Chan**  **Public Relations Manager**  8 Finance Street, Central,  Hong Kong  China  priscilla.chan@fourseasons.com  **(852) 3196 8307** |
| Alternative text | **Shingo Kido**  **Director of Public Relations and Communications**  Block Ha My Dong B, Dien Duong Ward  Dien Ban Town  Vietnam  shingo.kido@fourseasons.com  **+84 9 0570 7665** |