

yoga is my passion

The Oriental Spa at the brand new **Landmark Mandarin Oriental** in the heart of Hong Kong's Central district will be host to *A Passion for Yoga* (pictured top left) - a landmark yoga event from 9-11 September 2005 that will bring together for the first time two of the world's most renowned and influential yoga gurus. The event includes seminars and classes focusing on the ancient exercise and meditation regime. Ticket prices start from HKD 1,300 for a one-day seminar to HKD 2,500 for the three-day event.

The star-studded line-up includes Sharath Rangaswami, the world's most advanced Ashtanga Yoga practitioner from the Ashtanga Yoga Research Institute in Mysore, India, as well as A.G. Mohan, a personal student of the legendary Sri T. Krishnamacharya and author of *Yoga for Body, Breath and Mind*. - PM

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all loved up

The craze for personal wellness and clean living is so pervasive these days that it is a pleasant surprise to find a hotel promoting itself as a place to go and over-indulge for a weekend. **Le Royal Méridien Phuket Yacht Club** (pictured top right) has devised a sumptuous programme of activities for loved-up couples, with special rates valid until October this year.

The packages are aimed at couples wanting some comfortable time to themselves, as well as swish service, champagne on tap and delicious food. With a specially-designed 'cooking for lovers' course included, couples can learn some new culinary skills to bring home.

The 'Breakaway Celebration Package' goes for just under USD 200 ++ per night with a minimum two night's stay for two, including: a bottle of champagne, a romantic dinner each night, breakfast, 20% discount on other F&B, 20% discount at the Royal Spa, round-trip airport transfer. - Gail Mowat

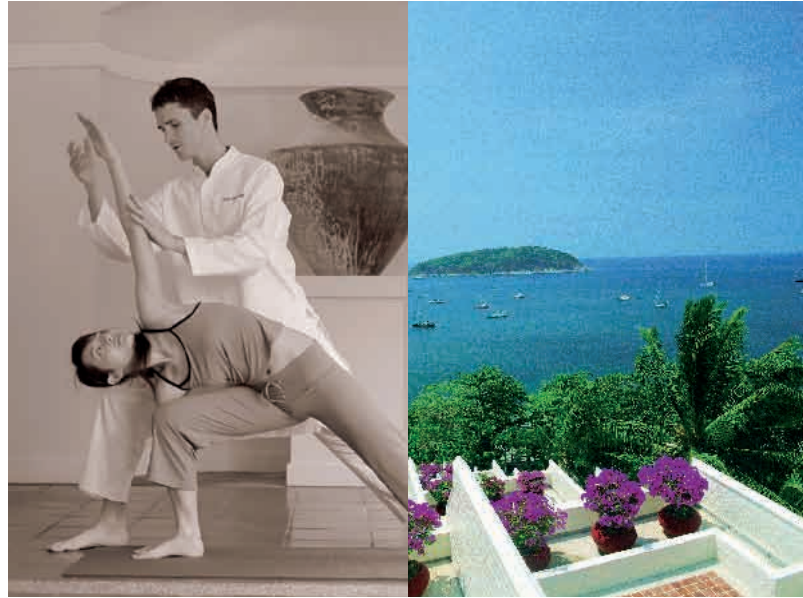
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cathay going places

Cathay Pacific Airways has been named *Airline of The Year*, *Best Airline Asia* and *Best First Class* in the world's 'largest' global passenger poll. London-based **Skytrax** says its 2005 *World Airline Awards* poll was the world's 'largest' passenger survey ever with more than 12.3 million eligible nominations. Votes were cast by 94 different nationalities from June 2004 to May 2005.

Cathay Pacific's The Wing and The Pier were earlier named 2005 *Best Airline Lounges* for First and Business Class travellers in the Skytrax survey. Skytrax said its lounge survey was based on the combined quality of product and service and 'seeks out those airlines that offer something original and, above all, the best format.' In April of this year, Hong Kong International Airport was named the World's Best Airport in a separate Skytrax poll for the fifth straight year. - VW

www.cathaypacific.com.



hilly retreat

The **Westin Resort Macau** is launching the '7 Pillars of Corporate Retreats,' adding a refreshing twist to business meetings and conferences. 7 Pillars incorporate: harmony, nature, freedom, enrichment, vitality, wellness and nutrition, and is aimed at creating a fine balance between work and recreation to rekindle productivity, enhance teamwork, inspire creativity and, eventually, create a winning workforce. As a result of some extensive research, the elements have been conceptualised to exceed the delegates' needs, wants, expectations and unexpressed wishes.

The Westin Resort Macau is situated on the southern tip of Coloane Island overlooking spectacular Hac Sa Beach. The eight-storey complex, which is terraced into a lush mountainside, features an 18-hole tournament-style golf course on its rooftop and commands stunning views of the South China Sea. - VW

Visit www.westin-macau.com for more information on the retreats.



bay, spa, resort

Six Senses Resorts & Spas are to develop an **Evason Hideaway** at Zighy Bay in Oman. The boutique property will comprise of 85 pool villas and suites with a private Marina surrounded by mountains. The 1.6-kilometre Zighy Bay area is a secluded fishing village on the Sultanate's northern Musandam Peninsula (*pictured above, left*).

Scheduled for completion by the end of 2006, the resort will offer a choice of dining alternatives - from a hilltop restaurant serving international cuisine to a central coffee shop which also features regional specialties. A Six Senses Spa will offer eight treatment rooms and focus on holistic wellness and rejuvenation, including the famous four-handed signature Sensory Journey.

Guests will have a choice of three arrival experiences: a scenic 10-minute drive by speed boat; or a drive down from the top of the hill; alternatively, travel as a companion passenger with the Hideaway's professional para-glider! – *PM*

www.sixsenses.com

indochinese insight

Combine colonial style luxury and the sights of favourite Indochinese enclave Luang Prabang at new **Maison Souvannaphoum Hotel**, the flagship **Colours of Angsana** property. The intimate rooms here are furnished in the signature Angsana colours of tangerine, with a touch of the contemporary; the La Residence wing offers three luxurious suites in the former home of a Laotian prince, while the Garden and Verandah rooms are furnished with large balconies to enjoy the sweeping view of mountains and the Mekong River, which is within walking distance. The Angsana Spa within the hotel offers three outdoor pavilions for treatments using fresh botanicals and the ancient art of aromatherapy. – *VW*

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way koul

KOU, a unique new lifestyle retail boutique designed in the style of a luxurious mansion has recently opened in Hong Kong, bringing a new shopping concept to the destination. The 5,000 square-foot retail boutique in the Central district offers a glamorous experience for those seeking innovative and contemporary ideas for home décor and personal style. Entering KOU is like going into someone's remarkably chic and stylish home, except that everything you see here, from floor to ceiling, is for sale. The open floor plan of the entrance level of KOU showcases the lounge, dining area, kitchen and outdoor patio in a palette of aubergine and silver. Walk down the inner staircase into the warm reds and browns of the library and bedroom with ensuite bath and walk-in closet. Sweeping views of the harbour complement the interior design elements. – *VW*

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chic to stay

The chic **Shambala Villas** overlooking the mottled bays of Koh Samui offer property vultures a flavour of contemporary luxury. The 31 uniquely styled villas (*pictured above, right*) are tastefully designed by Hirsch-Bedner Associates (credited with The Ritz Carlton Millennia), and each villa is complete with a stylish water-cascading plunge pool with sea vistas.

The property's ultimate extravagances include interior waterfalls flowing onto glass floors, streams of tepid water meandering through select open-air bathrooms, and tropical aquariums. Custom-built wine cellars, gourmet kitchens, sun terraces and BBQs add a lavish touch to the spacious villas. The property will be completed by summer 2006. – *Jane Batchelor*

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