

23 February 2012

**NEW LIFESTYLE PROGRAMME AT THE PENINSULA BANGKOK  
COMBINES TAI CHI AND THAI MASSAGE**

*Three-hour programme to be available May through August 2012*

The Peninsula Bangkok has created an exciting new three-hour programme called “Tai Chi and Thai Massage” which, as the name suggests, combines a session of Tai Chi with a relaxing Thai Massage.

Available from 1 May to 31 August 2012, the programme begins with a one-hour Tai Chi class conducted by a certified Tai Chi trainer.

Originally from China and now popular around the world, Tai Chi is a slow motion meditative exercise for relaxation, health and self-defense. The origins of Tai Chi are in Taoism and martial arts. Tai Chi Chuan means ‘Supreme Ultimate Boxing’, the *Supreme Ultimate* referring to the Tao, or more specifically, the framework within which Yin and Yang manifest in the field of time and *Chuan* to a school or method of boxing or combat. Today, Tai Chi can be used to ‘fight’ fatigue, stress, overworked bodies or lack of understanding of oneself and one’s body. Practicing Tai Chi daily promotes mental clarity and a healthy body, assists with balance and helps circulation of the chi and blood.

Following the Tai Chi class is a well-earned 30 minutes of deep relaxation spent in the heat and aqua facilities of The Peninsula Spa and a 1-hour-20-minute Thai Massage.

The three-hour Tai Chi and Thai Massage programme is priced at THB 5,000 plus tax and service charge per person. The recommended starting time for the programme is 9:30 am. A minimum of one day advance reservation is required and appointment reservation is subject to availability.

# THE PENINSULA

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B A N G K O K

## **NEW LIFESTYLE PROGRAMME AT THE PENINSULA BANGKOK COMBINES TAI CHI AND THAI MASSAGE - 2**

The Peninsula Spa offers a deeply personalised spa experience like nowhere else in Bangkok, located in the hotel's three-storey Thai-colonial building. The 1,774 sq m (19,000 sq ft) spa features 14 treatment rooms and four suites – two Private Spa Suites and two River Private Spa Suites – as well as a Tea Lounge and Relaxation Rooms, creating a full-service oasis in the heart of the city that is a spa destination in itself.

For more information or reservations, please contact The Peninsula Spa on (66-2) 626 1946 or e-mail [spapbk@peninsula.com](mailto:spapbk@peninsula.com)

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Incorporated in 1866 and listed on The Stock Exchange of Hong Kong (00045), HSH is the holding company of a Group which is engaged in the ownership, development and management of prestigious hotels, commercial and residential properties in key locations in Asia, the United States and Europe, as well as the provision of transport, club management and other services. The hotel portfolio of the Group comprises The Peninsula Hotels in Hong Kong, Shanghai, Beijing, New York, Chicago, Beverly Hills, Tokyo, Bangkok, Manila and Paris (opening in 2013). The property portfolio of the Group includes The Repulse Bay Complex, The Peak Tower and The Peak Tramways, St. John's Building, The Landmark in Ho Chi Minh City, Vietnam and the Thai Country Club in Bangkok, Thailand.

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