

THE PENINSULA

B A N G K O K

NEW MUAY THAI KICK BOXING CLASS AT THE PENINSULA BANGKOK *New Peninsula Academy programme focuses on traditional Thai sport, together with Thai massage*

The Peninsula Bangkok has introduced a new Peninsula Academy programme called “**Muay Thai Kick Boxing and Holistic Body Massage**” as the latest addition to its collection of Thai cultural, culinary and lifestyle activities.

Thailand’s national sport, *Muay Thai*, evolved from *Muay Boran* or “ancient boxing” – unarmed combat used by Siamese soldiers in ancient times. A form of self defense, *Muay Thai* is often called “the Art of Eight Limbs” because the fighter uses eight points of contact – the hands, feet, elbows and knees. *Muay Thai* is now gaining in popularity around the world as an exciting and healthy form of exercise and weight management, and also offers self-defense techniques which can be learned by people of all ages, from young children and teenagers to adults.

Guests will study aspects of the celebrated Thai martial art under the expert guidance of *Muay Thai* boxing champion Khun Dam Srichan. As a member of the Thai national team, Khun Dam has won gold and silver medals at the Southeast Asian Games in Karate and Taekwondo, as well as gold at the 1st Asian Martial Arts Games in Thai kick boxing. He has been invited to teach *Muay Thai* all over the world, including the Philippines, Malaysia, South Korea, Japan and Australia.

Guests will spend an hour with Khun Dam, comprising warm-up exercises, learning and practicing the basics of *Muay Thai*, and cool-down exercises. They will then enjoy 30 minutes of deep relaxation in The Peninsula Spa by ESPA’s heat facilities and a one-hour-20-minute Holistic Body Massage. While a Thai massage is the obvious choice, three other massage types are also available - aromatherapy, Swedish or a back, face and scalp massage.

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THE PENINSULA BANGKOK LAUNCHES NEW PENINSULA ACADEMY PROGRAMME - 2

The three-hour programme begins at 9:30 am and is priced at THB 5,000 per person. As a memento of the programme, guests will receive a pair of embroidered kick boxing shorts.

“*Muay Thai* Kick Boxing and Holistic Body Massage” is part of The Peninsula Academy programme which aims to educate guests on the local culture and heritage of each Peninsula destination as part of the innovative Enriching Your Life campaign, created to enhance guests’ stays at each Peninsula property with memorable experiences.

For more information or reservations, please contact the hotel on (66-2) 861 2888 or e-mail spapbk@peninsula.com.

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About The Hongkong and Shanghai Hotels, Limited (HSH)

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 hotel, 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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