



A special invitation to experience
four inspirational Wellness Retreats
at Mandarin Oriental Dhara Dhevi, Chiang Mai



Winds of Change

8-13 November 2009 (5 nights/6 days)

*USD 5,515

"Life isn't about how to survive the storm, but how to dance in the rain!" - Anonymous

Learn to ride the Winds of Change and find a new orientation during life changes, all through the unique opportunity presented by this five-night/six-day Wellness Retreat. Facilitated by Sylvia Leela Isani and Frank Weckesser – managing partners of "Self" The Empowerment Company – the programme will offer new ways and techniques of empowerment to live a healthier and more fulfilling life. Is there anything more important than living a meaningful life in peace and at ease? You can achieve this now. Open the doors and face life's ups and downs, with the expert guidance of Sylvia and Frank, who have more than 20 years of experience in human potential training and holistic healing.

Package includes:

- 5 nights accommodation in a Deluxe Villa (single occupancy)
- Roundtrip airport transfer from Chiang Mai International Airport
- Healthy meals at designated restaurants during your stay
- Complimentary participation in daily wellness activities
- 3 Group sessions per day (5 days)
- Health Consultation
- 3 Spa treatments as recommended by Health Specialist



Spiritual Laws of Success: The keys to mastering your destiny

3-6 December 2009 (3 nights/4 days)

*USD 4,572

"If you can dream something, you can do it. As long as you do not align your actions with your dreams, you are not fulfilling your destiny." - Sri Harold Klemp

According to the ancient holistic healing science of Ayurveda, everything within you and everything around you is energy. Learn to understand the nature of this energy and how it operates in your life through this three-night/four-day programme. Unveil the mysteries behind these unseen forces, your strengths and uniqueness, your dosha type (the dominant operating energy within you), your ability to know what is best for all concerned and the secrets of successful living. Leading you on your journey will be facilitators Dr Rajeev and Dr Suchada Marwah. Both are Ayurvedic Health Specialists, previously with Dheva Spa, who now run their own research centre while continuing to work with the spa as experienced consultants.

Package includes:

- 3 nights accommodation in a Deluxe Villa (single occupancy)
- Roundtrip airport transfer from Chiang Mai International Airport
- Healthy meals at designated restaurants during your stay
- Complimentary participation in daily wellness activities
- Lifestyle and group discussions
- Health Consultation ('Determine-your-dosha' session)
- 1 Personalised fitness programme and 3 customised Ayurvedic and Holistic treatments
- Spiritual exercise/activity



The Timeless Magic of Femininity

17-22 January 2010 (5 nights/6 days)

*USD 5,515

"What a wonderful life I've had! I only wish I'd realized it sooner." - Colette

This aptly named five-night/six-day programme was created with the aim of empowering women on their move to an ageless, conscious and joyful lifestyle. Facilitators Sylvia Leela Isani - managing partner of "Self" The Empowerment Company – and Satya Sabine Wilmsen, the company's trainer, have created a safe space in their retreats for participants to come closer to themselves. Both have travelled extensively and conducted many retreats, mostly in Asia. Sylvia has authored three books on women's issues, health and bodywork, while Satya draws on her many years of experience in the fields of life and team coaching.

Package includes:

- 5 nights accommodation in a Deluxe Villa (single occupancy)
- Roundtrip airport transfer from Chiang Mai International Airport
- Healthy meals at designated restaurants during your stay
- Complimentary participation in daily wellness activities
- 3 Group sessions per day (5 days)
- Health Consultation
- 3 Spa treatments as recommended by Health Specialist



Herbs, The Magic Healers: Nature's antidote to aging

1-4 February 2010 (3 nights/4 days)

*USD 5,000

"If you can achieve an improvement over yesterday, even if it is small, you have gained significantly. You are taking charge of your own world." - Sri Harold Klemp

From 1 to 4 February 2010, the three-night/four-day Herbs, The Magic Healers programme offers the chance to find out all about 30 life giving herbs from their history to curative powers and 'legendary magic'. Throughout the centuries herbs have been used to revitalize body, mind and soul and the science of Ayurveda emphasizes 'Kaya Kalp' or secrets of rejuvenation through nature's precious gift of herbs. Facilitating the programme are Dr Suchada Marwah – doctor of Ayurvedic medicine and director and co-founder of the International Research Centre of Natural Sciences – and Dr Rajeev Marwah, the centre's president and founder.

Package includes:

- 3 nights accommodation in a Deluxe Villa (single occupancy)
- Roundtrip airport transfer from Chiang Mai International Airport
- Healthy meals at designated restaurants during your stay
- Complimentary participation in daily wellness activities
- Your own personally created "Look and Stay young" herbal remedies kit
- Diagnostic health assessment (Find your energy level and energy exercises)
- 3 Customized Ayurvedic and Holistic Treatments
- Personalized health chart and plan covering nutrition, lifestyle and exercise recommendations



Terms and Conditions

* All prices are net, inclusive of service charge and applicable government tax.

* A surcharge of USD 1,286 net will be applied for double occupancy.

* Extension of stay is available at USD 458 net per night including American Buffet Breakfast for 1 or 2 persons.

* Offers cannot be combined with other promotions.

Learn more about our Wellness Retreats and facilitators at
http://www.mandarinoriental.com/chiangmai/spa/spa_programs

For more information or to make a booking, please call +66 53 888 929 or email: mocnx-reservations@mohg.com

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