

Explore Extraordinary Hong Kong Full Day + Half Day

Pre-Summit Full Day: Sunday, October 13, 2019, 10:00 AM—6:00 PM

Pre-Summit Half Day: Monday, October 14, 2019, 8:30 AM—1:00 PM

Hosted by: Chōsen Experiences



Chōsen designs programs to make measurable impact on your life. The structure evokes a heightened state of learning and receptivity. Chōsen is built upon a set of principles: Lifelong learning and impactful social connection challenge us to explore, evolve and make choices that lead to optimum levels of performance every day. Designed by a team of performance experts, from Olympic medalists to nutritionists and mindfulness coaches, the program aims to recalibrate your everyday living through sustainable approaches to movement, nutrition, rest, goal setting, self-awareness and more.

To confirm your reservation, please contact Chris at Stone Arch Travel:

Email: chris@stonearchtravel.com Phone: (+1) 612.730.7622

**Explore Extraordinary Hong Kong:
The Full Day Chōsen Experience
Sunday, October 13, 2019
10:00 AM to 6:00 PM**

While Hong Kong is a dense urban center, few visitors know Hong Kong consists of 263 islands. Explore the Hong Kong archipelago like an enlightened local. **Chōsen's curated experience is based on a voyage of exploration through continued learning and a welcomed dose of self-nurture to revitalize you for the Summit.** The day will include connection, play, experiential learning and a nourishing, cultural culinary exploration, all with a Hong Kong point of view.



The Full-Day Chōsen Experience Includes:

- 10:00 AM—Meet up and Move
- 10:30 AM—Introduction: incorporating key mindfulness practices and classic Chinese movement modalities in an exclusive destination in Hong Kong
- Noon—Boarding at Central Pier on a luxury seafaring vessel
- 1:00 PM—Lunch: Culinary Exploration and Workshop
- 2:30 PM—Cultural Exploration and Play
- 4:00 PM—Workshop: Sessions with the region's leading wellbeing experts
- 6:00 PM—Disembark at Central Pier (15-minute walk to the Grand Hyatt)

Price Per Person (USD): \$720

Price includes all activities, transportation, food and experts.

All itinerary details subject to change.

Maximum capacity: 50 people

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Explore Extraordinary Hong Kong: The Half Day Chōsen Experience

Monday, October 14, 2019
8:30 AM to 1:00 PM

Explore the urban core of Hong Kong with insider access. Chōsen's curated experience is based on a spirit of curiosity and self-nurture. Connect with the culture of Traditional Chinese Medicine, local tea rituals, and the labyrinth of high-rise views, side streets, stairs and alleyways that channel the excitable energy of this vibrant and culturally rich city. This day will include exploration, play, curiosity and culinary nourishment, all with a Hong Kong flavor.

The Half-Day Chōsen Experience Includes:

- 8:30 AM—Introduction: Cultural Movement Session
- 10:00 AM—Nourishing and Revitalizing Brunch Experience
- 11:30 AM—In-city Exploration Experience, including workshop options around local wellness practices, such as tea, Chinese medicinal herbs and mindfulness practices
- 1:00 PM—Return to Grand Hyatt in time for the GWS Knowledge Workshops

Price Per Person (USD): \$360

Price includes all activities, transportation, food and experts.

All itinerary details subject to change.

Maximum capacity: 100 people

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Cancellation Policy for both tours

Cancellation up to 60 days prior to arrival

Cancellation 30-59 calendar days prior to arrival

Cancellation within 30 calendar days prior to arrival

25% of total tour price is nonrefundable

50% of total tour price is nonrefundable

100% of total tour price is nonrefundable