

SANGHA Retreat by OCTAVE Institute: A Journey to Holistic Wellbeing

Post-Summit: October 17-21, 2019
Location: SANGHA Retreat, China



SANGHA Retreat by OCTAVE Institute, a 47-acre lakeside retreat located west of Shanghai, brings together the best of Eastern wisdom and Western science. The vision of businessman and philanthropist Frederick Tsao, the property employs an integrative approach, incorporating the latest technology and the understanding of health, wellness and mindfulness practices to create an experience like no other.

With the understanding that change is a unique and personal journey, your stay will begin with a comprehensive health evaluation by our team of accomplished physicians, nutritionists, physiotherapists, life coaches and mindfulness professionals. You will then receive a taste of the OCTAVE Living experience through customized meals, treatments, exercise and activities crafted to rewire, reframe and renew the mind, body and spirit. Our program highlights a path designed to reskill guests for a deeper personal connection and lasting transformation. **SANGHA, the Sanskrit word for community**, was created with the idea of optimal and mindful living and learning how to achieve a new level of conscious awakening and integrated health.

A Journey to Holistic Wellbeing Program includes:

- Four nights of accommodations
- Breakfast, lunch and dinner daily
- Dinner served as a private group nightly
- Welcome cocktail reception and dinner hosted by the Chairman of SANGHA Retreat, Frederick Tsao
- Complete health assessment at the AT ONE Clinic
- Use of the hydrothermal spa
- Daily activities, including yoga and Pilates
- Fitness center
- One 90-minute SANGHA Rebirth Massage, prescheduled
- One 45-minute Foot Massage, prescheduled
- One private Sound Healing Dome meditation experience, prescheduled
- Guided visit to Suzhou with local lunch
- Farewell cocktail reception and dinner hosted by Frederick Tsao
- 25% discount on all spa treatments, including Watsu, reiki, hammam, spinning meditation and more
- Discounted airport transfers to/from Shanghai Airport

Accommodations

Enjoy a Lakeview Junior Suite with private balconies overlooking the picturesque Yangcheng Lake. Designed in a natural palate of raw wood furniture, handwoven allergen-free rugs and healing crystal and salt crystal lights, you'll find your stay relaxing and rejuvenating.



What to expect at SANGHA Retreat:

- Arrive at Shanghai Pudong Airport (PVG) Thursday, October 17, and meet your airport transport to the property (Note: Once you have collected your baggage, simply follow the exit signs. Our driver will be waiting for you outside with a SANGHA Retreat signboard.)
- At check-in, you will be given the appointment time for your initial wellness consultation and a detailed, personalized printout of your schedule for your stay
- Following your wellness consultation, a tailored program will be created especially for you
- Participate in your customized schedule of activities, from yoga to Kneipp walking
- Enjoy an unforgettable culinary experience from two-star Michelin Chef Paul Then's THOUGHT FOR FOOD program
- An immersion in the vision of entrepreneur Fredrick Tsao and how his view of wellness informs every aspect of the SANGHA experience.

Nutrition at SANGHA Retreat



Overseen by two-star Michelin Chef Paul Then, the dining and culinary aspects of SANGHA Retreat offers the best of taste and nutrition. The team of expert chefs design daily menus using the freshest ingredients and produce from organic farms and free-range cooperatives. With responsibly sourced ingredients and an approach that provides a customized culinary journey, dining is as enjoyable as it is restorative.

Your stay includes group breakfast and lunch daily as well as a private group dinner each evening.

Welcome cocktail reception and dinner with Mr. Fredrick Tsao, chairman

You will be welcomed with a cocktail reception and specially prepared dinner highlighting the culinary excellence and quality ingredients valued at SANGHA Retreat by OCTAVE Institute on Friday, October 18 (your first full day).

Complete medical assessment at the AT ONE Clinic

The AT ONE Clinic offers you a full evaluation of your overall health and a customized wellness plan, conducted by SANGHA Retreat's team of expert physicians, nutritionists, physiotherapists, life coaches and mindfulness professionals.

The comprehensive assessment determines your personalized program over the course of your days at SANGHA Retreat, which addresses the six habits of life: eating, breathing, sleeping, movement, thinking and awareness. Program offerings include:

- Traditional Chinese Medicine evaluation and treatments, such as cupping and acupuncture
- Detoxification and cleansing programs
- Anti-aging
- Breath therapy

Activities & Fitness

The “Living Habit Practice Calendar” offers complimentary activities and classes every hour from 7:00 a.m. to 5:00 p.m. in our fully-equipped gym, movement studios, Sound Dome or Connection Rooms. Designed to complement the body’s circadian rhythm throughout the day, activities include:

- Sound healing and meditation
- Tai chi, yoga, Thai boxing, Pilates, and core strength training
- Cooking classes
- Mindfulness classes
- Talks on seasonal wellness, stress management, longevity and women’s health

Guided visit to Suzhou with local lunch

We’ll explore the charming city of Suzhou, referred to by many as the “Venice of the East.” With its reputation as the land of fish and rice and the silk mansion, Suzhou enjoys the praise as a true paradise on earth. We’ll visit majestic UNESCO World Heritage Site gardens, enjoy delectable cuisine, and see some of the world’s finest silk. This is an opportunity to experience the unforgettable energy of one of China’s most majestic cities. Our visit includes time to wander the charming, cobblestoned Pingjiang Road and tai chi in the Couples’ Retreat Gardens.



Treatments at the AT ONE Healing Spa and Hydrothermal Spa

Located in a gorgeous indoor area at the center of the AT ONE Healing Spa, the hydrothermal spa includes a series of heated and temperature-stabilized pools, a salt cave, Finnish sauna, herbal steam, infrared sauna, hammam and rassoul. Each experience allows guests to engage in the magical properties of water in its many forms and temperatures. Your stay includes a complimentary rebirth massage, a foot reflexology and a Sound Healing Dome meditation experience.

Farewell cocktails and dinner

We say farewell (for now) with a cocktail reception and a meal featuring our “mindful gastronomy.”

Pricing (per person USD)

Lakeview Junior Suite, Double occupancy, two (2) Queen beds: \$2,650

Lakeview Junior Suite, Double occupancy, one (1) King bed: \$2,750

Lakeview Junior Suite, Single occupancy, one (1) King bed: \$3,190

Please note: Pricing does not include flights, alcoholic beverages outside of the two hosted cocktail receptions, and any other items not specifically noted in your itinerary. You will fly into Shanghai Pudong Airport (PVG), where you will transfer. Additional room categories are available upon request.

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

Email: chris@stonearchtravel.com

Phone: (+1) 612.730.7622

Cancellation Policy

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

