

## Explore Extraordinary Singapore Full Day + Half Day A Cultural Wellness Immersion

**Pre-Summit Full Day: Sunday, October 13, 2019, 11:45 AM—8:00 PM**

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

**Hosted by: Chōsen Experiences**



The Pre-Summit Experiences on October 13 and October 14, 2019, designed by Chōsen, are the personal curation of the best the city has to offer by the co-founders of Chōsen and select Chōsen alumni who call Singapore home. You will explore the extraordinary, one of a kind convergence of Eastern and Western Cultures from the perspective of self-growth and wellness away from the crowds, malls and tourist traps. This is not a tour guide excursion; this is **playful experience-learning**. Come and learn by doing as Chōsen's co-founders guide you through their curation of delight.

The itineraries represent a deep love affair with learning that is at the core of every Chōsen Experience. **The Full- and Half-Day Experiences will prepare your body, mind and qi for the activities of the Global Wellness Summit.**

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

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Chōsen is a community of explorers on a journey to be their best selves, supported by mentors, experiences and resources to make that a reality. The company's signature Experiences, designed by a team of performance experts from Olympic medalists to nutritionists and mindfulness coaches, aim to recalibrate your everyday living through innovative approaches to health, personal growth and social impact. These Singapore Experiences are a sample version of Chōsen.

**The two days are structured to complement each other.** While you can take part in one or the other, for maximal impact, we recommend you do both.

**The Full-Day Experience features play, culture, science, art, wabi-sabi and two Michelin stars.**

It culminates in the world's first "deconstruction + wellness reconstruction" of the three cornerstone cultural cuisines in Singapore, featuring a farm-to-fork wellness collaboration between Singapore's Michelin Star Chef Beppe De Vito and Chōsen. Chef De Vito describes the menu as a "personal stretch of the highest form. Getting back to the emotion of the food, without industrial ingredients, brings us in touch with what makes Singapore so unique: history, culture and connection."

**The Half-Day Experience features an experiential exploration of the Chinese philosophy of qi surrounded by nature and history.**

It transports you away from the modern Central Business District to a historical site 130 years old, connecting you with colonial Singapore and the natural beauty that was the city-state before its evolution into the financial center it is today. The central Chōsen theme of West meets East drives the itinerary.

The program, designed to reduce the impact of jet lag and to cultivate your qi (chi, i.e., your life force) in preparation for the GWS, culminates in a rare collaboration between two qigong masters that will result in an experience that will connect wellness practices of presence, purpose and integrity to their roots in Eastern philosophy. Gong Master Martha Collard, a featured GWS speaker, calls the experience "simply, awe-inspiring...empowering...you reconnect with choice and calm."

**About Singapore – A Modern City Rich with Cultural Diversity**

The city is a unique blend of multiple cultures, living a modern lifestyle rich in cultural and religious diversity. Singapore is home to many intriguing aspects of a variety of Asian cultures, which allows Chōsen to create a special exploration of numerous aspects of wellness in each culture.

A sovereign island city-state off the southern tip of Malaysia, Singapore is a global financial center with a multicultural population and a tropical climate just one degree north of the equator. It was a hub of the British East India Company and was once a British colony. The city-state is home to 5.6 million residents, 39 percent of whom are foreign nationals, including permanent residents. The same census also reports that about 74.1 percent of residents were of Chinese descent, 13.4 percent of Malay descent, 9.2 percent of Indian descent, and 3.3 percent of other (including Eurasian) descent. There are four official languages of Singapore: English, Malay, Mandarin Chinese and Tamil; most Singaporeans are bilingual, with English serving as the nation's common language, while Malay is the national language.

## Explore Extraordinary Singapore: The Full-Day Chōsen Experience

Sunday, October 13, 2019 | 11:40 AM to 8:00 PM

### The Modernity of Wellbeing Meets Eastern Wisdom and a Private World's First Culinary Experience!

This Full-Day Experience will explore the intersection between the modern and ancient elements of Singapore culture. The day includes two (yes, two!) Michelin-starred, Chōsen curated meals; a workshop on neurophysiological wellness; a unique wabi-sabi cultural art experience; and a playful movement experience overlooking the quintessential Marina Bay.



#### The Itinerary

##### 11:45 AM - Departure

GWS delegates will meet at Grand Hyatt Singapore Hotel Lobby, and the transport vehicle will leave promptly at 12:00 PM. Please arrive by 11:45 AM.

##### 12:30 PM – 2:00 PM - Michelin-starred Peranakan Lunch + Chōsen Nutrition Curation

You will explore a contemporary, yet authentic, approach to traditional Straits-Chinese/Peranakan cuisine. Helmed by Chef Malcolm Lee, Candlenut restaurant preserves the essence and complexities of traditional Peranakan food. This meal will be curated with the Chōsen nutritional framework to create the most appropriate clean and balanced nutrient profile for those traveling.

##### 2:30 PM – 3:30 PM - Exploration of the Neurophysiology of Wellness

Director of Soma Clinic Natalia Rachel discusses the neurophysiology of the human body and its implications on our daily lives and wellness choices. Natalia will lead an exploration of the polyvagal theory in relation to burnout and the concept of down-regulation. This provocative workshop will stimulate your brain with new thoughts and build new neural pathways.

##### 4:00 PM – 6:00 PM - Mindful Wabi-Sabi Art Walk Exploring Purpose and Leadership

Founder of Integral Meditation Asia Toby Ouvry leads the group through the iconic National Gallery Singapore to explore Southeast Asia's creative treasures. The experience is a journey of mindful observation and inward introspection to prepare and support delegates for the Summit ahead. The experience culminates in a Chōsen designed movement journey of dance in the sky terrace of the National Gallery overlooking the historic Padang cricket field and the Singapore Marina Bay.

##### 6:00 PM – 8:00 PM - A Unique, Culinary Experience – The First of Its Kind in the World!

Tri-culture Culinary Exploration by Michelin-starred Chef Beppe De Vito in collaboration with Chōsen: “deconstruction + wellness reconstruction.” Chef Beppe De Vito of Aura uses locally sourced ingredients to showcase the best of Singapore and the cultures and tastes that represent this modern melting-pot metropolis. Chef De Vito will take us on a sensory journey that will be the highlight of your time in Singapore. This is a partnership that has never been done before; the menu, created exclusively for Chōsen and the GWS delegates, is a cultural wellness concept that connects you to cultures across time.

**Price Per Person (USD): \$720**

Price includes all activities, transportation, food and experts.

All itinerary details subject to change.

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## Explore Extraordinary Singapore: The Half-Day Chōsen Experience

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

### Exploring the Heritage of Singapore's Wellness Culture

The day will be spent cultivating qi (pronounced "chi"—vital life force—Traditional Chinese philosophy) to calm the body and mind in preparation for the Global Wellness Summit ahead. This Experience will introduce and cultivate an understanding of qi and the self. It is coordinated with Chōsen Co-Founders John Stanton and Robin Connelley to showcase the balance between the modernity of wellbeing practices and the wisdom of Traditional Chinese practices.

This Half-Day Experience at the acclaimed Capella Singapore explores the cultural heritage of Singapore and its wellness practices. The Capella, located on a "Conservation of Built Heritage" site originally constructed over 130 years ago, is surrounded by lush rainforest, gardens and beaches. It demonstrates a look at colonial history and the colonial architecture of the historically British-occupied Singapore. This tranquil location demonstrates the unique, diverse environment around Singapore and is distinct from the downtown CBD area. This environment is selected to get you connected to nature, a key factor in helping your body acclimate from jet lag.



### The Itinerary

#### 7:45 AM - Departure

GWS delegates will meet at Grand Hyatt Singapore Hotel Lobby, and the transport vehicle will leave promptly at 8:00 AM. Please arrive by 7:45 AM.

#### 8:30 AM – 9:30 AM - Morning Qi Gong Practice

This is a private and curated session designed for nurturing and learning. Qigong Master Lee Wai Ching leads the delegates in a morning movement practice of cultivating qi. In her practice, Master Lee brings together ancient Taoist wisdom with modern science and introduces the practice of energy cultivation and alignment exercises.

**10:00 AM – 10:30 AM - Tea Ceremony Meditation**

One of the oldest traditions in Asia is the tea ceremony. It is performed at key rites of passage, weddings, and even important business dealings. Experience the authentic and timeless art of connection through tea. This ceremony is about the presence of mind when selecting, preparing and serving tea. It is an extraordinary and conscious ritual. Tea Master Stephanie Luo pours three teas for the group, including a Traditional Chinese Medicine herbal blend designed to complement the qi cultivation practices of the day.

**10:30 AM – 12:00 PM - Gong Bath Sound Relaxation - a Collaboration of Two Masters of Qi**

During this session, while your body is primed for receptivity to energy cultivation, qigong Master Lee Wai Ching will practice energy transference. Two masters of qi working on collaboration is a unique experience that will leave you in awe. Gong Master Martha Collard facilitates an experience intended to elevate energy and to enable you to go within, to understand one's self in order to lead a life of choice. A sound experience will alleviate stress, relax muscles, and rejuvenate energy while clearing the mind of unnecessary clutter.

**12:00 PM – 1:00 PM - Healthful Cantonese Lunch**

The day will end with a nourishing lunch at the award-winning Cassia. Based on the best regional recipes and using the finest seasonal ingredients, the curated Chōsen + Cassia menu will demonstrate the tastes, smells and sensations of a cultural exploration while blending with the wellness frameworks associated with nourishing the body and mind.

This is the final stop for cultivating qi; the food you will consume will be as thoughtful and conscious as the other ceremonies you experience during the day.

**Price Per Person (USD): \$360**

Price includes all activities, transportation, food and experts.

All itinerary details subject to change.

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**Cancellation Policy for both tours**

Cancellation 0-59 calendar days prior to arrival: 100 percent of the total tour price is nonrefundable.