



GOLD COAST
HOTEL

“Yoga and Mindfulness Retreat” Room Package

Accommodation: 28 or 29 September 2019

Yoga course date: 29 September 2019 (Sunday)

Facilitator: Ms Maggie Lin

Price: HK\$1,150 net per person (double occupancy per room is required)

Privileges include:

- Half-day yoga retreat course (Sunday morning, 9:00 am-12:00 noon)
- One-night accommodation in a Deluxe Seaview Room (double occupancy per room)
- Daily breakfast buffet at Cafe Lagoon
- Healthy set lunch at Cafe Lagoon outdoor dining area after the yoga retreat course
- Complimentary use of swimming pools with water slides and gymnasium
- Complimentary shuttle bus services between the hotel and Tsim Sha Tsui, Tsuen Wan or Tsing Yi (subject to availability)

Additional offers:

- Additional HK\$300 per night, upgrade to a Deluxe Seaview Room with Balcony.
- Additional HK\$400 per night, upgrade to a Premier Seaview Room.
- Additional HK\$500 per night, upgrade to a Premier Seaview Room with Balcony.

Time	Programme
09:00 am	Introduction to mindfulness (15 mins) - indoor
09:15 am	Yoga (45 mins) – indoor
10:30 am	Sitting meditation (20 mins) – indoor
10:50 am	Walking meditation / sensory walk (partnered, 40 mins) – outdoor
11:30 am	Sharing, Q&A (30 mins) – outdoor
12:00 noon	The end

Reminders

- * Please wear suitable clothing for practicing yoga.
- * Please bring your own yoga mat for practice.
- * If you suffer from chronic disease or pain, please notify us to cater your needs.

Hong Kong Gold Coast Hotel
1 Castle Peak Road, Hong Kong
香港黃金海岸酒店 香港青山公路一號
www.goldcoasthotel.com.hk

Member of Sino Hotels 信和酒店成員



For reservations and enquiries, please contact the Reservations Department.

Tel: +852 2452 8833

Email: reservations@goldcoasthotel.com.hk

Terms & Conditions

- Each room only allows a maximum of two adults.
- Room supplement at HK\$500 net will be applied for single occupancy.
- The above offers are applicable to 2 adults per room only. Additional charge will be imposed for other guests.
- Credit card guaranteed is required upon making room reservation.
- A non-refundable deposit for whole period is required upon making reservation.
- The above prices are inclusive of 10% service charge.
- Free use of swimming pools and gymnasium are limited to a maximum of two adults per room.
- Each yoga course has a minimum requirement on the number of participants. The course will be cancelled if there is not enough enrollment. In this situation, the room deposit will be refunded and related room booking can be cancelled.
- All programmes are subject to change without prior notice.
- In case of any cancellation or amendment of the reservation, 4 days in advance notification is needed. (i.e. before 24 September)
- All hotel services and offers are subject to availability and hotel confirmation.
- Arrangement of the event is subject to weather conditions and the hotel's confirmation.
- In case of any disputes, Hong Kong Gold Coast Hotel reserves the right of final decision.
- In the event of discrepancy or inconsistency between English and Chinese version of these terms and conditions, the English version shall prevail.

Special price for Sino Club members at HK\$1,100 net per person. (Double occupancy per room is required)

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