



CONNAUGHT



LUNCHTIME MEDITATION CLASSES AT THE CONNAUGHT

WITH THE AMAN SPA THERAPISTS

As Londoners continue to strive for the perfect work and life balance, the Aman Spa at the Connaught, part of London's prestigious Maybourne Hotel Group are offering complimentary daily 20 minute mindfulness meditation classes over lunchtime to raise awareness on the benefits it has for coping with stress and anxiety in the workplace. Mindfulness meditation is an adaption of Buddhist meditation which encourages one to focus on the moment rather than being consumed by the pain of the past or anxiety over the future.

Aman therapists have been practicing daily meditation since the launch of the Spa in 2009 to find a personal balance as it helps them sense and craft the most unique and tailored treatments for our guests. This will be the first time our therapists open their doors and welcome guests to participate in their daily habitual.

Guests will be welcomed in the lobby by an Aman representative and ushered to the spa into a cool and dim-light treatment room where they will be asked to remove their shoes and turn off any technological equipment.

Aman Spa Manager Rene Van Eyssen explains "Meditation encourages you to observe your emotions, which improves awareness of the present moment, bringing clarity and peace. The result is a total renewal of mind and spirit."

The Aman Spa Meditation Classes are available weekdays at 1:00PM and last 20 minutes. Classes are complimentary and must be booked in advance.

To book please call the Aman Spa on +44 (0)20 3147 7305

ABOUT THE AMAN SPA

The Aman Spa at the Connaught opened in November 2009 and marked Amanresorts' first cooperative venture with another hotel company and the first taste of Aman in the UK. The 500-square metre spa features five treatment rooms, a 60-square metre pool, a fitness studio and an extensive spa menu, which reflects the renewing traditions of China, Thailand, India and the Americas.

ABOUT THE CONNAUGHT

In the heart of London's Mayfair, the Connaught, part of [Maybourne Hotel Group](#), blends contemporary style, classic English character and impeccable service to create the ultimate in sophistication. Rooms and suites to suit every mood, exquisite cuisine from H el ene Darroze, the charm of the Connaught and Coburg Bars, and Europe's first Aman Spa make this the perfect place to rest, relax and dine in style.

For further information, please contact:

The Connaught

Paula Fitzherbert or Christina Norton

Phone: +44 (0) 207 201 1607 / 207 201 1618

pfitzherbert@the-connaught.co.uk

cnorton@the-connaught.co.uk