

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

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 a 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 Singapore: The Full-Day Chōsen Experience

Sunday, October 13, 2019 | 10:00 AM to 6:00 PM

Singapore, an island city-state off southern Malaysia, is a global financial center with a tropical climate and multicultural population. Its colonial core centers on the Padang, a cricket field since the 1830s and now flanked by grand buildings such as City Hall, with its 18 Corinthian columns. In Singapore's circa-1820 Chinatown stands the red-and-gold Buddha Tooth Relic Temple, said to house one of Buddha's teeth.



Our full-day tour begins with a mindful movement practice at Singapore's historic cricket field, Padang, followed by a healthful yet gourmet meal at a Michelin-starred restaurant.

Singapore is a tiny country with a voracious appetite blending Malay, Chinese and Indian influences along with its seafood for which it is renowned. Our Michelin-starred chef and a food journalist will lead a discussion on the topic of "clean" and "healthy" Asian food, defining and navigating the cultural issues around the subject. This will be a meal you will not forget!

On our next stop, we will explore an innovative co-wellness concept and participate in a healing session and discussion with a world leader in neuroplasticity about wellness practices in Singapore. Finally, our day ends with a guided meditation walk through the Botanical Gardens. With more than 150 years of history, the 82-hectare Gardens holds a unique and significant place in the history of Singapore and the region. The culmination of our day together will be an ecstatic movement experience surrounded by the region's exotic orchids.

The Full-Day Chōsen Experience Includes:

- 10:00 AM—Meet Up and Introduction: Incorporating key mindfulness practices and classic Chinese movement modalities
- 12:00 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—Finish

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 Singapore: The Half-Day Chōsen Experience

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

The half-day experience will be held at an iconic Singapore property. The melding of historic colonial buildings and modern buildings will be the setting for the day of experiences. The day will start with a mindful movement practice on the lawn, followed by a nourishing brunch experience. The workshops for the day will include gong bath sound healing, Chinese tea ceremony and TCM. The day will complete at 1 PM so that guests can make it back for the summit events to begin.



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