



## PRESS RELEASE



# MINDFUL STILLNESS - THE NEW WAY TO LIFE BALANCE

Alila Hotels & Resorts  
partner with acclaimed  
meditation expert Christian  
Kurmann for 2014 retreats

Alila Manggis: 19th - 25th  
September

Alila Villas Soori: 26th  
October - 2nd November

Alila Jabal Akhdar: 30th  
November - 6th December

Acclaimed meditation expert Christian Kurmann, has partnered with Alila Hotels & Resorts to hold a series of Mindful Leadership Retreats this winter. Between 26 October and 2 November, the tranquil west coast Bali resort of Alila Villas Soori will host a Mindful Stillness Retreat exclusively for women. In addition two week-long retreats will run for male and female participants, at Alila Manggis on the east side of Bali, between the 19 and 25 of September, followed by a second retreat between the 30 November and 6 December in Oman's green mountains, home to the new Alila Jabal Akhdar.

Having led an extremely busy and demanding life as an hotelier, Christian Kurmann was diagnosed aged 43 with a life threatening brain tumour, acting as a catalyst to a different life. He made the decision to step back and distance himself from his hectic schedule and journey to a monastery in the Himalayas. It was here that he was taught 'mindful meditation' over the course of several months. His brain tumour shrank and as a result Christian decided to embrace his new life, creating Mindful Leadership, with the aim of helping people find balance and answer that elusive question of how to get more out of life.

Each day during the retreat, participants will take part in meditative excursions and exercises, beginning before sunrise and ending after sunset. All elements of a person's wellbeing will be taken into consideration with an all-encompassing approach to mind and body including individual consultations with Christian Kurmann to explore participants' personal leader abilities in all aspects of their lives.

The retreat also includes a personalised meal plan, with three meals a day, each one completely tailored for the guest by the



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onsite nutritionist and executive chefs.

The weeklong courses, take place with an intimate group of participants in an environment that allows them to reconnect with nature and get to know themselves better. Set in serene locations, Alila Jabal Akhdar in Oman, and Alila Villas Soori in Bali, are both perfectly located for a wellness getaway.

Alila Jabal Akhdar is located on the edge of Oman's Hajar mountains, overlooking a dramatic gorge and the first luxury resort in the area, a true secluded haven for those seeking an escape from the pressures of everyday life. Infused with the essence of the destination, the resort's location will reconnect guests with nature in its purest form.

Alila Villas Soori is a blissful paradise setting, beachfront living at its most relaxing, most stylish and luxurious. Located along the southwest coast of Bali, not far from the island's famous Tanah Lot Temple, the resort lies on a gentle slope between verdant rice terraces and beautiful black-sand beaches overlooking the azure Indian Ocean, providing a stunning and serene location for the retreat.

Alila Manggis, is one of Bali's best kept secrets, a secluded, stylish seaside resort in Manggis, East Bali. Set amidst a coconut grove, the resort is nestled between the sea and the majestic Mount Agung, Bali's most sacred mountain. All rooms and suites face the ocean with clear views across the straits to Nusa Penida. The retreat will capture the very essence of the destination that is still embedded in the traditional Balinese way of life.

**Alila Manggis, Bali** - The Mindful Stillness Retreat (19 - 25 September) - Prices for the six-night retreat start from £3,061 per person including return transfers from Denpasar International Airport, accommodation in a standard suite, three healthy personalised meals with non-alcoholic beverages per day, morning and afternoon tea, excursions including trekking and the chance to experience local Balinese traditions, daily meditation and private consultations. For more information visit [www.alilahotels.com/manggis/wellness-retreat](http://www.alilahotels.com/manggis/wellness-retreat) or for reservations email [contact@mindfulleadership.ch](mailto:contact@mindfulleadership.ch) or [manggis@alilahotels.com](mailto:manggis@alilahotels.com)

**Alila Villas Soori, Bali** - The Mindful Stillness Retreat for Women (26 October - 2 November 2014) - Prices for the six-night retreat start from £3,909 per person including return transfers from Denpasar International Airport, accommodation in a private villa with pool, three healthy personalised meals with non-alcoholic beverages per day, morning and afternoon tea, excursions including trekking and the chance to experience local Balinese traditions, daily meditation and private consultations. For more information visit [www.alilahotels.com/soori/wellness-retreat](http://www.alilahotels.com/soori/wellness-retreat) or for reservations

email [contact@mindfulleadership.ch](mailto:contact@mindfulleadership.ch) or [soori@alilahotels.com](mailto:soori@alilahotels.com)

**Alila Jabal Akhdar, Oman** - The Mindful Stillness Retreat (30 November – 6 December 2014) - Prices for the six-night retreat start from £3,325 per person including return airport transfers from Muscat Airport, accommodation in a suite, three healthy personalised meals with non-alcoholic beverages per day, morning and afternoon tea, excursions including mountain trekking and cultural activities, daily meditation and private consultations. For more information visit [www.alilahotels.com/jabalakhdar/events](http://www.alilahotels.com/jabalakhdar/events) or for reservations email [contact@mindfulleadership.ch](mailto:contact@mindfulleadership.ch) or [jabalakhdar@alilahotels.com](mailto:jabalakhdar@alilahotels.com)

FOR MORE INFORMATION VISIT:

For further information on Alila Hotels & Resorts visit [www.alilahotels.com](http://www.alilahotels.com)

For further information on Mindful Leadership visit [en.mindfulleadership.ch/](http://en.mindfulleadership.ch/)