



PRESS RELEASE



DIVING TO NEW DEPTHS IN EAST BALI

Alila Manggis launches new 'Harmony Dive' package including meditation, yoga and rejuvenation spa treatments



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Located along Bali's east coast, Alila Manggis is an ideal base for exploring the region's many wonderful dive sites. Now, guests can combine their holiday at the resort with a holistic dive experience on its 'Harmony Dive' packages. Catering to all levels of experience, the packages – a 4D3N trip for non-certified divers, and a 5D4N trip for certified divers – combine a relaxing seaside stay with expert dive consultation and open-water dives led by Zen Harmony Diving, as well as spa and dining privileges.

Many tourists arrive on the island tired from travel, and their minds and bodies stressed from long hours spent in the office. Zen Harmony Diving believes that pre-dive preparation is key to a safer and more enjoyable dive, not only reducing the risks of muscle strain by cramping and injury, which tend to be common, but also providing mental preparation.

The first step is a pre-dive consultation carried out by skilled diving instructors to assess each guest's health and fitness, and find their centres. This involves learning breathing techniques that help the diver to improve air consumption, become a buoyancy master, and be more calm and comfortable underwater.

Divers are also given a Yoga Nidra audio file to listen to at night, before open water dives, designed to further improve breath awareness and control, and to train the mind and body to anticipate and relax.

Other integral components of the Zen Harmony Diving approach include rejuvenating massages, meditation, yoga and Zentsu. Conducted in the swimming pool, Zentsu is specially

designed to release all tensions in the body that might prevent divers and snorkellers totally immersing themselves in the underwater world.

With calm minds and bodies, relaxed and prepared, divers can then look forward to exercising their scuba skills with fun dives at a various sites off Bali's east coast, including Gili Mimpang, Nusa Penida and Manta Point, teeming with marine life and coral reefs. Guests can also take the opportunity to learn more about or get involved in the resort's coral conservation programme.

When not in the water, there are no shortage of options to unwind at Alila Manggis, from relaxing with afternoon tea by the pool, to pampering treatments at Spa Alila and savouring signature East Bali flavours at Seasalt restaurant.

Starts from USD 300++ per night with minimum 3 nights stay, 'Harmony Dive' is available from Friday till Sunday and valid from now till 31 March 2016.

FOR MORE INFORMATION VISIT:

For more information visit www.alilahotels.com/manggis

ABOUT ALILA

Surprisingly Different

The hallmark of Alila is the combination of innovative design and luxury in unique locations, set apart by an unprecedented level of private space, personalised hospitality and destination experiences. Alila means "Surprise" in Sanskrit, which suitably describes the refreshing character of our properties and the reaction of our guests when they stay with us. In support of sustainable tourism, Alila hotels adopt EarthCheck operating standards, integrating the natural, physical and cultural elements of their environments. To stay at any of Alila's hotels or resorts is to embark on a learning journey. Whether recreating the flavours of the local cuisine, enhancing your well-being through ancient healing arts, tasting the thrill of adventure sports or participating in volun-tourism, you'll find life at Alila an inspiration. Re-discover the luxury of living at Alila

About Commune Hotels & Resorts

Formed in October 2011, Commune Hotels & Resorts is an international, multi-brand lifestyle hotel management company which manages and operates Alila Hotels and Resorts, an exclusive luxury brand; Thompson Hotels, a luxury lifestyle brand; Joie de Vivre Hotels, a collection of independently branded boutique hotels; and tommie, a new micro-lifestyle hotel brand. The San Francisco-based company manages more than 40 hotels and resorts across the U.S., Canada, and Europe, and is expanding its portfolio while establishing a presence in Mexico. For more information, please visit

