

PRESS RELEASE: July 2008

## On Top of The World: Judy Krupp leads her second Himalayan Yoga Retreat at Uma Paro (Bhutan) in January 2009

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Following the sell-out success of her first Himalayan Retreat, Australian Yoga teacher Judy Krupp will return to Uma Paro from 4th to 10th January 2009.

Entitled 'On Top of the World', the Retreat will focus on alignment to create an ease of movement that helps lengthen and strengthen the body, open up the mind and create a general sense of calm and wellbeing. Students of all levels are welcome to attend and encouraged to move beyond their perceived limitations.

Krupp has over 20 years experience as a teacher with high-profile devotees from New York to Singapore. She is currently based at The Yoga Room, North Shore, Sydney. What makes Krupp unique is her relaxed style and likeable humour. Her teaching reflects her original training in the Iyengar system and work as a myotherapy body therapist to help habit-prone bodies increase strength and flexibility. Her multi-faceted approach blends her passion for the art of asana practice with the science of the mechanics of movement.

25 hours of Yoga practice will be complimented by COMO Shambhala's substantial facilities in other areas of holistic wellness. Treatments, such as massage or Ayurvedic therapies can be enjoyed, as well as the traditional Bhutanese Hot Stone Bath. The Retreat programme includes exploration of the local scenery and surrounding valleys with an English-speaking Uma Paro guide as well as a meditation session at the Tiger's Nest monastery.

Uma Paro stands at 2,300 metres on a 38-acre hilltop. Awe-inspiring views of the Paro Valley and blue-pine forest can be enjoyed from the hotel. For Yoga practitioners, the altitude is beneficial, lowering blood pressure and pulse rates, which helps clients to sleep more soundly. Cuisine is healthful, focusing on organic foodstuffs sourced from Bhutan's plentiful, all natural larder. Accommodation is indulgent, peaceful and totally private, allowing each client to connect once again with a more relaxed way of living.

Retreat guests can come alone, share a room with a friend, or opt for a villa with private massage treatment rooms. The entire experience is designed to support guests in their quest to get the most out of the Yoga retreat, which usually evinces a strong sense of camaraderie within the group.

Prices start at US \$3,968 for single occupancy in a Superior Room (Forest views), or US \$3,116 per person for double occupancy (all rates are inclusive of 10% government tax and 10% service charge, government charges and visa fees). Prices include six nights accommodation, 25 hours Yoga instruction, breakfast and lunch daily plus welcome and farewell dinner (not beverages) and airport transfers, four cultural excursions (including Tiger's Nest monastery) and a traditional Bhutanese Hot Stone Bath and Massage (90 minutes).

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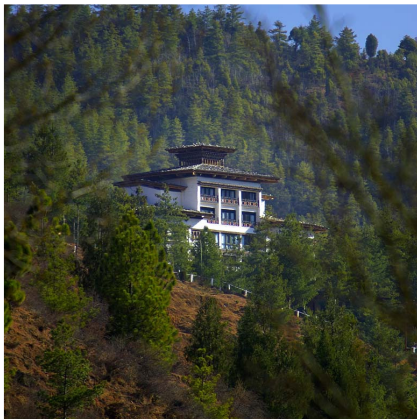
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## EDITOR'S NOTE:

The Company: COMO Shambhala is the COMO Group's healthy living concept that spans environments, services and products, offering a full range of experiences that challenge and inspire us to greater wellbeing.

COMO Shambhala: COMO Shambhala advocates proactive responsibility for individual holistic wellness. This entails balancing healthy eating with pleasurable gastronomy, self-directed exercise with expert instruction, massage with greater mental repose, and thought with action. COMO Shambhala embraces all modalities of wellbeing, from yoga's ancient system of self-development to other proven methods such as Ayurveda, aromatherapy, Pilates, Tai'Chi, and Qigong. Consultants take a consultative rather than prescriptive approach, working with guests on a one-by-one basis to define and achieve their goals. COMO Shambhala cuisine offers enzyme-rich, healthy and delicious cuisine. COMO Shambhala at Home, a lifestyle brand, creates skin and bodycare products developed to complement the environments and services available.

Property Portfolio: COMO Shambhala owns, designs and/or manages nine centres of wellbeing at properties worldwide. Each location is chosen because it possesses a sense of peace in its own right, whether this is a hillside in Bhutan or riverbank in Bali. COMO Shambhala's portfolio includes COMO's city hotels spas, known as COMO Shambhala Urban Escapes (in Singapore, at the Metropolitan London and Metropolitan Bangkok), COMO Shambhala Retreats (at Parrot Cay in the Turks and Caicos, Cocoa Island in the Maldives, Uma Ubud in Bali and Uma Paro in Bhutan), the COMO Shambhala Spa at Kandooma in the Maldives and its flagship destination, COMO Shambhala Estate at Begawan Giri. In addition, COMO Shambhala owns and operates Glow, three restaurants in Singapore, Bangkok and Bali that focus on COMO Shambhala-inspired healthful cuisine.

COMO Group: COMO Shambhala is part of the COMO Group, which represents Christina Ong's unique vision of contemporary living. The COMO Group encompasses Club 21, the international luxury fashion retailer; COMO Hotels and Resorts, which is the hospitality collection with properties in London, the Caribbean, Bhutan, Bali, Thailand and the Maldivian Islands, and the COMO Foundation representing the Group's philanthropic interests throughout the developing world. The Group is headquartered in Singapore.