



Shanghai + Suzhou 上海 + 蘇州 (China 中國)

4 days 3 nights 四日三夜
From HK\$16,340

Sangha by Octave - Journey to Wellness



Package includes 套餐包括：✓ Economy class air-ticket ✓ 1-night accommodation at Shanghai with breakfast
 ✓ Round-trip transfer between Shanghai and Suzhou
 ✓ 3 days 2 nights journey to wellness at Sangha by Octave

Departure dates 出發日期：Jan 04 - Mar 30, 2019

Selling period 銷售日期：Jan 03 - Mar 30, 2019

音昱水中天 Sangha by Octave



音昱水中天是支持你正念生活及成長的幸福社區。通過打造一處讓身心浸潤於自然的靜謐空間，幫助人們提升與自我、與他人、與自然的和諧聯結。音昱水中天坐落於蘇州陽澄湖畔的蓮花堤岸，毗鄰千年古剎重元寺。占地約189,000平方米，由意徑身心共養區、意行互動學習區、聆音觀邸生活區三大特色區域組成。其中，意徑身心共養區專註提供長期或短期整合養生療愈項目，完整體驗意徑水療、阿育吠陀、湖畔休憩、瑜伽、音療等特色服務。意行互動學習區兼顧學習與生活的綜合多功能互動空間，為互動交流、研討學習、團隊建設提供全程服務。聆音觀邸生活區由101棟臨湖院落組成，可作為修養身心的宅邸。

三天兩夜養生之旅 3 Days 2 Nights Journey to Wellness

健康在於洞察自身身體、了解養生方法，並找到適合的養生之道。本項目通過融合前沿的西方科技和東方養生智慧，在三天兩夜的過程中，將有專家為您進行音昱水中天所獨有的重要健康指標測試，讓您對於當前的身體狀況有全面透徹的了解。此外，通過一系列的關於健康養生工作坊、專家一對一諮詢、養生水療理療項目體驗，以及由專業營養師為您特製的膳食，讓您不僅洞察自身狀況，更能連結身心、煥發活力，從而改變生活方式，開啟健康和諧人生。



養生之旅內容 Content of Journey of Wellness

意徑養生酒店2晚住宿 2-nights accommodation in AT ONE Wellness Hotel

專業營養師及國際大廚定製健康餐 Customized meals prepared by international dieticians and chefs

01) 60分鐘身心共養工作坊 60 Min. Workshop - What is wellness?

02) 60分鐘水中天煥活按摩 60 Min. Sangha Rebirth Massage

03) 60分鐘正念關係 60 Min. Mindful Relationships

04) 60分鐘晨間冥想 60 Min. Morning Meditation

05) 60分鐘當日健身團體課 60 Min. Fitness Class of the day

06) 45分鐘WATSU漂浮池理療 45 Min. WATSU Therapy

07) 2次 60分鐘熱療體驗 2 times 60 Min. Hydrothermal Session

08) 60分鐘21世紀世界觀課程 60 Min. 21st Century World View Class

09) 2次 60分鐘1對1 生活教練諮詢 或 健身課 或 膳食諮詢 2 time 60 Min. 1 on 1 Life Coach / Fitness / Dietician Session

10) 75 分鐘主要健康指標測試 (1對1 專家諮詢) 75 Min. Primary health Scan (1 on 1 doctor consultation)

膳食安排 Meal Plan

	Breakfast 早餐	Lunch 午餐	Dinner 晚餐
第一天 Day 1	x	✓	✓
第二天 Day 2	✓	✓	✓
第三天 Day 3	✓	✓	x

1 nights stay at Shanghai

上海新天地朗廷酒店
The Langham Shanghai, Xintiandi
Superior Room 高級客房



2 night stay at Suzhou

音昱水中天 - 意徑養生酒店
Sangha by Octave - AT ONE Wellness Hotel
Lake View Room 尊貴湖景房

Hotel 酒店	Period of Stay 住宿日期	Room Category 房間種類	Breakfast 早餐	Adult Twin 成人雙人房	Adult Extra Bed 成人加床	Child Extra Bed 小童加床
Sangha by Octave AT ONE Wellness Hotel 音昱水中天 - 意徑養生酒店 	Nov 01 - Dec 31	Lake View Room	✓	\$16,340	N/A	N/A

Remarks:

- The Journey to Wellness advocates a healthy and reasonable meal, please cooperate with the doctors and nutrition expert to enjoy the customized meal for the guests.
- The contents of the Journey of Wellness or schedule may vary depending on the recommendation of doctors and professional life coach.
- Unused programs and items cannot be transferred and cannot be returned.
- Check-in time is after 12:00 and check-out time is before 11:00, additional charge will apply for early check-in and late check-out.
- The programs contain physical exercise sessions, and guests are invited to wear clothing and shoes that are easy to stretch and move.
- Please remember to bring swimsuit and changing clothes if ordered package contains hot water healing and professional massage.
- Considering the package is scheduled to start with lunch, recommends that guests who book this package arrive at the hotel before lunch on the check-in date.
- Since the programs, facilities and services are designed for adult, package is only available to guests aged 16 or above.
- Sangha by Octave cannot admit any pets due to hygiene regulations and increased frequency of allergies.



Room surcharge & Blackout period 酒店附加費及不適用日期

Hotel 酒店	Period of Stay 住宿日期	Room Category 房間種類	Room surcharge (Per room per night) 酒店附加費 (每房每晚)
The Langham Shanghai, Xintiandi	01-31Mar19	Superior Room	\$180

Flight surcharge 航班附加費

Departure date 出發日期	Applicable flights / Booking Class Code 適用航班 / 訂位編號	Adult 成人	
Economy Class 經濟客位			
04Jan - 01Feb, 08Feb-30Mar19 (Mon-Sat)	Hong Kong - Shanghai : Valid for flight departure on/after 3pm only (Mon-Thu) Valid on any flights (Fri-Sat)	Nil	
02Feb - 07Feb19 (Mon-Sat)	Shanghai - Hong Kong : Valid on any flights	\$300	
04Jan - 30Mar19 (Mon-Sat)	Hong Kong - Shanghai : Valid for flight departure on/after 11:30am only (Mon-Thu) Valid on any flights (Fri-Sat)	\$1,470	
04Jan - 30Mar19 (Mon-Sat)	Hong Kong - Shanghai : Valid for flight departure on/after 11:30am only (Mon-Thu) Valid on any flights (Fri-Sun)	\$2,010	
Premium Economy Class 特選經濟客位			
04Jan - 30Mar19 (Mon-Sat)	Valid on any CX/KA operating flights	E	\$3,700
		R	\$3,900

Package price includes 套票價錢包括：

1. Round trip economy class air ticket from Hong Kong to Shanghai on Cathay Pacific Airways or Cathay Dragon.
國泰或國泰港龍航空來回香港至上海之經濟客位機票。
2. 1 nights accommodation at Shanghai with breakfast.
一晚上海酒店住宿連早餐。
3. Round-trip transfer between Shanghai and Suzhou.
上海至蘇州來回接送。
4. 3 days 2 nights journey to wellness at Sangha by Octave.
音昱水中天 - 三天兩夜養生之旅。
5. Hong Kong TIC levy.
香港旅遊業議會印花稅。



Terms & Conditions 細則及條款:

1. The above prices are quoted per person based on double occupancy & only applicable for minimum 2 adults traveling & check-in together in the same pattern.
以上價格以每位計算，並須最少兩位成人同行及登機，以及雙人入住酒店房間。

2. The above prices are subject to Hong Kong airport passenger security charge, airport tax, airport construction fee, fuel surcharge & administration fee.
以上價格需另加香港機場旅客保安費、機場稅、機場建設費、燃油附加費及行政費。

3. Package price does not include :-

- o Cost of travel documents and visa fees.
- o Personal expenses, optional tours, transfers and other services that are not specified.
- o Expenses incurred owing to the delay of air / land carriers that are beyond our control.

旅遊套票不包括 :-

- o 簽證及旅遊證件費用
- o 個人開支、自選遊、接送、膳食、旅遊保險及未列明之收費
- o 因航班或其他延誤而導致的開支

4. The above prices are applicable to specific flight, air ticket booking class code, hotel choice, room type and departure date only, and are subject to the supply and policy of airline and hotels. Connexus Travel may adjust prices without prior notice. All prices are subject to change at the time of booking.

價格只適用於指定航班、指定機票票價種類 (Booking Class Code)、酒店選擇、房間類別及出發日期，並受航空公司及酒店之供應情況及政策限制。全旅達或會因應情況就價格作出調整。一切以報名時為準。

5. A non-refundable deposit of HK\$500 is required upon confirmation, balance payment is required at least 14 days prior to departure or deadline set by airline or hotel whichever is earlier.

套餐價格一經確認，訂金每位\$500，須於出發前14天或機位或酒店確認期限前繳付餘數(以較早之日期計算)。

6. Ticket validity 2-7 days. Eligible subclasses for mileage accrual : D/I/E/Y/B/H/K/M/L/V

機票有效期 2-7 天，適用累積飛行哩數之訂位代號 : D/I/E/Y/B/H/K/M/L/V

7. Accommodation should be completed on or before 31 Mar '19 or specified by individual hotel.

須於2019年3月31日或於酒店指定日期前完成酒店住宿。

8. No amendment, cancellation and refund is allowed once documents are issued.

機票及酒店套票發出後，將不接受更改，取消及退款。

9. Other terms and conditions apply, for further details, please contact Connexus Travel.

產品及優惠受其他條款及細則限制，詳情請向全旅達查詢。

10. Connexus Travel reserves the rights to amend terms & conditions. In case of any disputes, Connexus Travel's decision shall be final.

全旅達有權修改條款及細則，如有任何爭議，全旅達保留最終決定權。

11. All prices, information and images in this flyer are for reference only.

本宣傳單張之價格，資料及圖片只供參考。