

THE PENINSULA

HONG KONG

1st February 2008

THE PENINSULA ACADEMY GOES “A LA CARTE”

Since its inception in 1997, The Peninsula Academy’s award-winning Chinese Cultural Experience learning vacation programme had been available only a few times per year. However with the introduction of the “Academy A La Carte” programme, hotel guests can now enjoy a range of the most popular Academy activities on an individual basis whenever they stay at The Peninsula Hong Kong.

Ranging from tai chi to the latest programme on nutrition consultation and wellness coaching, activities are available on request daily for one or more participants, giving guests complete convenience and flexibility with the ability to choose one or more elements according to their interests.

Winner of the Hong Kong Government Award for Tourism Services, The Peninsula Academy comprises three programmes – The Chinese Cultural Experience and The Lifestyle Experience (pampering Peninsula-style) for hotel guests only, while the Culinary Experience features cooking classes taught by the hotel’s chefs, open to both hotel guests and Hong Kong residents.

A range of other exciting ad hoc activities for guests and locals falls within the Academy remit, including historical walks, culinary journey dinner, private culinary experience and Chef’s Tables in Gaddi’s and Spring Moon.

Classes are taught in English by local experts. Activities are dependent upon the availability of tutors, and advance reservation is recommended in order to avoid disappointment.

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H O N G K O N G

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Introduction to Feng Shui

Feng Shui literally means "wind water" and is the practice of creating harmony with the environment to derive the greatest benefit, peace and prosperity, and can be applied in any setting. The determination of the best location in an environment is based on the individual's year of birth, the location, and the orientation of the solar system. Using the basic principles of Yin and Yan, the five elements (fire, earth, metal, water, and wood), East and West, the solar system, and the environment, a Feng Shui practitioner applies a set of theories and calculations to determine the most positive orientation for an individual.

Today, Feng Shui is an accepted science based on the analysis of energy. Numerous institutions and organizations are promoting the use, practice and teaching of Feng Shui. Practiced all over the world, it has many modern day applications.

60 minutes, daily

Maximum of two persons

\$1,900 nett for one to two persons

Detailed house plan analysis is also available at an additional fee per square foot.

Introduction to Traditional Chinese Herbal Medicine

For more than 5,000 years, Chinese herbal medicines have helped people live longer, healthier lives. In China, an oral history was passed down from parent to child. It spoke not of cures, but of a way of life, about the healing powers of nature and the celebration of nature's Yin and Yang.

A typical Chinese pharmacy is extremely different from a Western pharmacy. On shelves and in tidy drawers are animal, plant, and mineral products, each with a particular purpose. Among the assortment of medicines is amber to relax the nerves, peach pits and safflower to improve blood circulation, Chinese ephedra (mahuang) to induce perspiration, and ginseng to strengthen cardiac function.

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When pharmacists fill the prescription ordered by a Chinese doctor, they select a few particular ingredients from the hundreds on their shelves. These are taken home by the patient, boiled into a soup, and drunk.

Learn of the history and difference between Chinese and Western medicine at The Peninsula, or visit the Chinese Herbal Pharmacy in Central district for private consultation and treatment programme.

60 minutes, Monday to Friday, 10:00 am – 1:00 pm or 4:00 pm – 7:00 pm

Maximum of two persons

\$2,500 nett for one to two persons, depending on treatment given

Transportation can be arranged at an additional cost upon request

Tai Chi

Originating in ancient China, Tai Chi is a form of martial arts practiced by over 300 million people throughout the world, and is an effective exercise for mental and bodily health.

Tai Chi is gentle, focusing on fluid, circular movements that are relaxed and slow in tempo. Breathing is deep and slow, aiding concentration, relaxing the body and allowing the life force - or "qi" as it is known in Chinese - to flow unimpeded throughout the body. Total harmony of the inner and outer self comes from the integration of mind and body achieved through the ongoing practice of Tai Chi.

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Researchers reported at the American Heart Association's Epidemiology and Prevention conference in March 1998 that Tai Chi lowered blood pressure in older adults nearly as much as moderate-intensity aerobic exercise.

60 minutes, daily, 8:30 am

Maximum of 6 persons

\$900 nett per person

Chinese Brush Writing

The earliest examples of Chinese writing date back to the late Shang period (ca. 1200 BC). These are the so-called Oracle Bone Inscriptions (jiaguwen), which were found at the site of the last Shang capital near present-day Anyang, Henan province.

Chinese calligraphy serves the purpose of conveying thought but also shows the 'abstract' beauty of the line. Rhythm, line, and structure are more perfectly embodied in calligraphy than in painting or sculpture.

Learn how to handle the brush and practice strokes and lines to write your name on to a traditional Chinese silk scroll.

60 minutes, daily

Maximum of 6 persons

\$750 nett per person

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Destiny Consultation

The Ancient Chinese Astrologers devised a very powerful and accurate method of reading the life of a person from their birth year, month, day, and hour. This ancient method makes it possible to make detailed predictions about a person's character, relationships, career, wealth, achievements, power, health and more.

A destiny analysis is about discovering strengths and enlightening blind spots. By learning about these patterns a person can begin to understand his or her own energy and manoeuvre it better.

60 minutes, daily

Maximum of two persons

\$1,900 nett for one to two persons

Historical Walks

Hosted walking tours with local historian Jason Wordie, including heritage areas of Kowloon, Central & Western District and Wanchai (half day tours) and Macau (full day tour) with breakfast and lunch if desired.

Reservation should be confirmed 14 days prior to arrival in Hong Kong. Seven days prior notice of cancellation is required, otherwise the full charge will apply.

Maximum of 10 persons

Prices on application

Personalised Nutrition Consultation and Wellness Coaching

In this tailor-made session with our Guest Nutrition Advisor, receive expert advice on stress and lifestyle management, a comprehensive nutritional assessment, plus strategies for meal and recipe planning.

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Ms. Gabrielle K. Tüscher is a U.S.-accredited Registered Dietician whose customised nutrition consultations are based on current research and focus on new approaches for overall lifestyle management.

With experience in instructing both adults and children, Ms. Tüscher is able to cover a variety of nutritional concerns, including weight and stress management, overall health and wellness maintenance, sports nutrition, food allergies/intolerances, vegetarianism, and many other related topics.

After this consultation, a written summary as well as personalised daily menu plans will be sent to you for your use.

60 minutes, daily

Maximum of two persons

\$1,200 per person per hour (subject to 10% service charge)

80th Anniversary Culinary Journey

Each evening from 1st January to 11th December 2008, the 80th Anniversary Culinary Journey – a six-course dining odyssey around The Peninsula – is served. Start with a glass of Champagne or your favourite cocktail and an appetiser in The Lobby, then progress to the hotel’s other restaurants. Enjoy two courses at Spring Moon, two courses at Gaddi’s, then dessert and coffee or tea at the Felix Long Table.

HK\$ 1,928 per person (subject to 10% service charge)

Advance reservation and prepayment are required.

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Private Culinary Experience

An exclusive two hour hands-on cooking class with one of The Peninsula’s top chefs, followed by lunch featuring the dishes demonstrated in the class.

120 minutes, daily

Minimum of two persons and maximum of four persons

\$2,500 per person (subject to 10% service charge)

Dim Sum Making

Literally meaning "to touch your heart," dim sum consists of a variety of dumplings, steamed dishes and other items such as the famous egg custard tarts. They are similar to hors d'oeuvres, the hot and cold delicacies served in French restaurants.

Originally a Cantonese custom, dim sum is inextricably linked to the Chinese tradition of "yum cha" or drinking tea. Travellers journeying along the famous Silk Road needed a place to rest, so teahouses opened up along the roadside. Rural farmers, exhausted after long hours working in the fields, would also head to the local teahouse for an afternoon of tea and relaxing conversation. It still took several centuries for the culinary art of dim sum to develop. It was originally considered inappropriate to combine tea with food - in fact a famous 3rd century Imperial physician claimed this would lead to excessive weight gain. However, as tea's ability to aid digestion and cleanse the palate became known, teahouse proprietors began adding a variety of snacks, and the tradition of dim sum was born.

Learn the art of making dim sum in the Spring Moon kitchen, which is followed by a dim sum lunch in Spring Moon.

90 minutes, Monday to Friday, 10:00 am

Minimum of 2 persons and maximum of 6 persons

\$1,100 plus per person (subject to 10% service charge)

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Chefs' Table

Enjoy hustle, bustle and busy kitchen action with this unique opportunity to dine at the Chefs' Table in the kitchen of Gaddi's restaurant with a French menu.

Daily

Minimum of two persons and maximum of four persons

24-hour advance reservation is required

Lunch \$688 per person (subject to 10% service charge)

Dinner \$1,688 per person (subject to 10% service charge)

Chinese Chefs' Table

Located right in the Chinese kitchen itself, the Chinese Chefs' Table at Spring Moon gives guests a front-row view as the Spring Moon's top chefs prepare a gourmet Chinese dinner exclusively.

Monday to Friday

Minimum of four persons and maximum of six persons

24-hour advance reservation is required

Dinner \$2,388 per person (subject to 10% service charge)

For further information or reservations,

Feng Shui, Chinese Medicine, Tai Chi, Chinese Brush Writing, Destiny Consultation :

Please contact the Fitness Centre on tel: (852) 2315 3266 or e-mail fitnesscentrephk@peninsula.com

Historical Walks, Nutrition Consultation, 80th Anniversary Culinary Journey, Private Culinary Experience, Dim Sum Making, Chefs' Table and Chinese Chefs' Table : Please contact the Food & Beverage Office on tel : (852) 2315 3146 or the Catering Office on tel : (852) 2315 3170 or e-mail : academyphk@peninsula.com

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Incorporated in 1866 and listed on the Hong Kong Stock Exchange, The Hongkong and Shanghai Hotels, Limited is a holding company whose subsidiaries are engaged in the ownership and management of prestigious hotels, and commercial and residential properties in key destinations in Asia and the USA. The hotel portfolio of the Group, The Peninsula Hotels, comprises The Peninsula Hong Kong, The Peninsula New York, The Peninsula Chicago, The Peninsula Beverly Hills, The Peninsula Tokyo, The Peninsula Bangkok, The Peninsula Beijing, The Peninsula Manila, The Peninsula Shanghai (opening 2009), and Quail Lodge Resort and Golf Club in Carmel, California. The property portfolio of the Group includes The Repulse Bay complex, The Peak Tower and The Peak Tramways, St. John's Building and The Landmark in Ho Chi Minh City, Vietnam.

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