

The 24-hour Peninsula Fitness Centre offers Beijing's most luxurious workout experience, featuring Life Fitness cardiovascular and strength training equipment, with personal trainer on hand to provide fitness consultation. We also offer one-on-one and group Yoga, Pilates and Fitness classes. Please contact ext. 6875 for more information and reservations.

京城独具特色的半岛健身中心24小时为宾客提供奢华健身体验。私人教练量身定制的个人训练计划和全套完备的Life Fitness健身器材带来舒畅的运动体验，并满足宾客的不同需求。更有一对一和小组制的瑜伽、普拉提和健身课程。更多详情及预订请致电分机6875。

# YOGA IN THE MORNING

晨间瑜伽 唤醒身心

THE PENINSULA

BEIJING

王府半岛酒店

8 Goldfish Lane, Wangfujing, Beijing 100006, The People's Republic of China

中国北京王府井·金鱼胡同8号·邮政编码:100006

T: +86 10 8516 2888 F: +86 10 6510 6311 pbj@peninsula.com peninsula.com

HONG KONG · SHANGHAI · BEIJING · TOKYO · NEW YORK · CHICAGO · BEVERLY HILLS · PARIS · BANGKOK · MANILA

*Under Development* LONDON · ISTANBUL · YANGON

- 1 Stand straight with feet together; place your hands in front of your chest. Breathe normally, inhale and exhale three times.  
全身笔直站立，将手放于您的胸前，均匀呼吸三次。

- 2 On the inhale raise your arms upward leaning back as much as possible. Breathe deeply, inhale and exhale three times.  
吸气的同时抬起您的手臂尽可能向后仰。深呼吸三次。

- 3 Keep your legs very strong and straight. While exhaling, bend your back forward. If you can, place your hands on the floor next to your feet. Breathe normally three times.  
保持两腿笔直站立，弯腰的时候同时呼气。尽可能将手贴进脚面，面部尽可能贴近膝盖，均匀呼吸三次。

- 4 Taking a breath, do a supported squat (right leg bend at a right angle, arms straight above your head with hands clasped together, left leg stretched back as far as possible, try not to touch your knee to the ground). Lift your head up. Breathe deeply three times.  
深呼吸，蹲下并弯曲右腿呈适合角度，双手高举过头顶合十，左腿尽可能向后拉伸，试着不让膝盖着地，此时头向上抬。深呼吸三次。

- 5 During exhalation, step back the right foot towards your left foot, keep your body in a straight line, leaning on your hands. Hold this position for three seconds and breathe normally three times.  
吐气的同时，将右腿慢慢向左腿靠拢，借助你的手使身体保持一直线。保持此姿势三秒，并均匀呼吸三次。

- 6 Holding your breath, lower your body toward the ground, lean back on your feet, knees, chest, hands and forehead. Keep your buttocks, thighs and abdomen upwards.  
屏住呼吸，俯下身靠近地面，脚趾顶住地面，抬起膝盖、胸、手、额头、臀部、大腿和腹部。

- 7 Take a deep inhale and bend your back as much as you can and keep your lower hips down to the floor. Support your body with hands and lift up the chest and head. Breathe deeply three times.  
深呼吸，背部尽可能向后仰，使臀部靠近地面。抬头挺胸。深呼吸三次。

- 8 While exhaling, lift your hips and buttocks up, straightening your legs as much as you can and at the same time relying on the feet and hands, elongate and stretch your back up to the ceiling. Keep your head totally relaxed between your shoulders. Hold this position for five seconds and breathe normally.  
抬起你的臀部的同时吐气，尽可能伸直您的腿同时手脚向相反方向拉伸，使背部抬到最高处，低头放松。保持此姿势五秒并均匀呼吸。

- 9 When inhaling, perform a supported squat (left leg bend at right angles, arms raised up with hands clasped together; right leg stretched back as far as possible, your knee on the ground). Lift your head up. Breathe deeply three times.  
吸气的同时，蹲下并弯曲左腿呈适合角度，双手高举过头顶合十，右腿尽可能向后拉伸，试着不让膝盖着地，此时头向上抬。深呼吸三次。

- 10 Keep your legs very strong and straight. While exhaling, bend your back forward. If you can, place your hands on the floor next to your feet. Breathe normally three times.  
双脚并拢，身体向前倾斜，同动作，如可能的话，将手贴近你的脚面，保持腿部笔直。均匀呼吸三次。

- 11 On exhale raise your arms up and lean back by returning the same to position 2. Breathe deeply three times inhale and exhale.  
吐气，抬起您的手臂，尽可能向后仰，请参照第二个动作。深呼吸三次。

- 12 While inhaling bring your arms down and return to the starting position - hands folded in front of your chest. Breathe deeply three times.  
吸气的同时将手臂放下，还原到最开始的动作，手置于胸前。深呼吸三次。



# THE PENINSULA

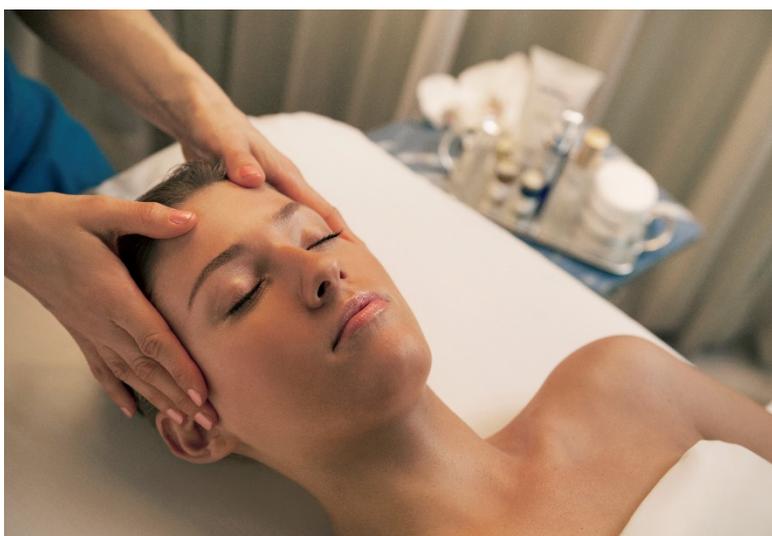
BEVERLY HILLS

## *At-Home Face and Body Treatments from The Peninsula Spa*

### *For the Face: An Organic, Therapeutic Mask*

To keep facial skin refreshed and nourished, try making and applying this restorative mask once or twice a week. Its ingredients contain antioxidant properties which enhance skin elasticity, balance sensitivity, and reduce signs of aging and fatigue.

- First, set the mood by lighting your favourite candle, selecting some mellow music, and choosing a spot where you can lounge and relax while the mask is working.
- Next, make the mask by mashing one peeled, organic avocado and one peeled organic apricot. Blend the two together until the consistency is smooth and creamy; then apply the mixture to your face, avoiding the eye area.
- Finally, settle into your lounging space, close your eyes, and relax for 30 minutes. Then rinse the mask off with cool water to find softer, fresher skin.



### *For the Body: Daily Exercises for Flexibility*

To help your body stay relaxed and limber, try incorporating these simple stretches into your daily routine. They can be especially helpful for warding off stiffness if you've spent hours sitting in front of a computer. Do each of these stretches three times, holding for 30 seconds each time.

- Stretch your pectoral muscles by standing in a doorway, on the outside (the side without the door hinges). Place your hands and forearms on either side of the door frame, and lean forward, allowing your head and shoulders to extend through the doorway while your hips and feet stay planted on the other side.
- Lengthen your spine and legs with a forward bend. Start by standing with your feet hip-width apart and your legs straight. Then slowly bend forward at the waist, letting gravity pull your fingers toward your toes. Rest your fingertips wherever they can reach – your knees, your ankles, or the floor –while staying relaxed.
- Loosen up your neck by tilting your head forward and slowly rolling it from shoulder to shoulder. Use your natural range of motion, without straining or forcing.