FOR IMMEDIATE NEWS RELEASE

In Support of Health & Wellness, Artyzen Grand Lapa Macau Observes International Yoga Day By Hosting Group Yoga at Hotel Lobby for the 6th Year

Macau, June 23, 2024 — For the 6th year, Artyzen Grand Lapa Macau has organized a spectacular mass yoga session at the Hotel Lobby to celebrate International Yoga Day, promoting the lifestyle of health and wellness and fostering cultural interactions. The session was held in the morning of June 23, 2024.

Since 2018, Artyzen Grand Lapa Macau has organized events to observe International Yoga Day, officially marked on June 21. The day was registered with the United Nations in 2014 to foster global health, harmony and peace, marking its 10th Anniversary this year.

Organized by Artyzen Grand Lapa Macau, co-organized by Yoga Light and Yoga and Sports General Association of Macau, China, the mass yoga session attracted over 100 participants who practiced the distinguished "Sun Salutation" or "Surya Namaskar" (Sanskrit) sequence. A total of 108 sets were practiced, making this event the largest kind of all previous editions at Artyzen Grand Lapa Macau.

The "Sun Salutation" sequence is usually practiced during the warm-up phase of a yoga session. It effectively trains muscles throughout the body, particularly the core muscles near the abdomen area. With a focus on breathing, the sequence helps improve breath depth, core stability, joint flexibility, and concentration.

Prior to the mass yoga session, an opening ceremony was held. Officiating guests included **Mr. Rutger Verschuren, Area Vice President, Macau Operations of Artyzen Hospitality Group and General Manager of Artyzen Grand Lapa Macau; Mr. Ritesh Kumar, Founder and Director of Yoga Light; Ms. Louise Shum, Executive Board President at Yoga and Sports General Association of Macau, China; and Ms. Aruna Jha, Representative of local Indian community.**

"It is my pleasure and pride to collaborate with Yoga Light and the Yoga and Sports Association of Macau, China to realize this mass yoga event so successfully. We are also honored to have Ms. Aruna Jha, Representative of the local Indian community, sharing the joy with us," said **Mr. Rutger Verschuren, Area Vice President, Macau Operations of Artyzen Hospitality Group and General Manager of Artyzen Grand Lapa Macau.** "With our green and spacious resort located in the heart of Macau peninsula, Artyzen Grand Lapa Macau is committed to promoting the lifestyle of health and wellness."

Mr. Verschuren added: "With a focus on the couple and family traveler markets, we are dedicated to excite our guests. The wide array of facilities at our Resort amidst lush gardens will definitely meet the needs of most travelers. Moreover, our leisure and sport offerings – in fact we have three sport courts at our Resort, align with our goal to embrace Boa Vida, Enjoy the Good Things in Life!."

Echoing the comment, **Mr. Ritesh Kumar** added: "The mass yoga session at the elegant Hotel Lobby of Artyzen Grand Lapa Macau was a great success, giving our participants the

opportunity to practice yoga in celebration of International Yoga Day. Thanks to all our partners and, in particular, Artyzen. Yoga Light is glad that we are a co-organizer of this event."

Reflecting on the event, **Ms. Louise Shum** said: "As the management of a local association that focuses on promoting yoga as sport, I am thrilled to witness the success of today's mass yoga session. It is even more encouraging to see faces from outside the regular yoga circle participating in the event, meaning that more newcomers are experiencing the benefits of the sport and visitors to Macau are witnessing the adequately diversified tourism products in Macau."

In addition, **Ms. Aruna Jha** shared: "I cannot explain how elated I feel to see the number of participants practicing yoga together at the Hotel Lobby here today. It is certainly an exceptional step in further promoting yoga in Macau. Yoga actually connects the mind, body and soul. It brings in peace and harmony and connects us as one. I hope after today's event, people in Macau will have better understanding of India in Macau and attract more people to travel and even invest in India."

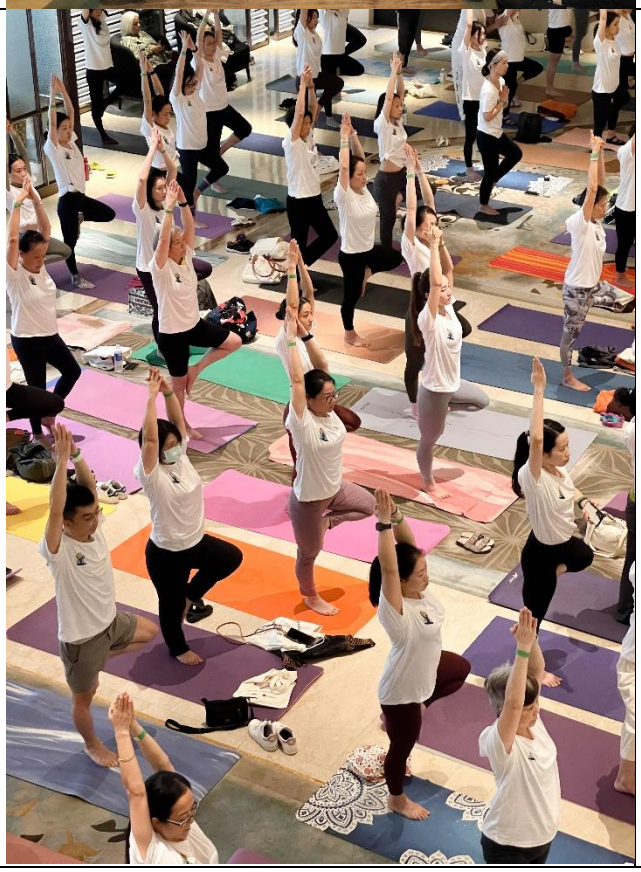
- End -

Photos Download

Please click the link to download high-resolution photos.

	Photos	Caption
1		Group Photo of all officiating guests with members from the organizer and the co-organizers.

ARTYZEN GRAND LAPA MACAU
澳門雅辰酒店
956-1110 Avenida da Amizade, Macau
澳門友誼大馬路956-1110號
T +853 2856 7888
F +853 8590 0600
artyzen.grandlapa.com

2		Major group photo with all guests, instructors and participants.
3		The International Yoga Day Mass Yoga event at Artyzen Grand Lapa Macau attracted over 100 participants.

ARTYZEN GRAND LAPA MACAU
澳門雅辰酒店
956-1110 Avenida da Amizade, Macau
澳門友誼大馬路956-1110號
T +853 2856 7888
F +853 8590 0600
artyzen.grandlapa.com

3-1		
4		Instructors from the co-organizers led the 108 sequence of “Sun Salutation”.

ARTYZEN GRAND LAPA MACAU
澳門雅辰酒店
956-1110 Avenida da Amizade, Macau
澳門友誼大馬路956-1110號
T +853 2856 7888
F +853 8590 0600
artyzen.grandlapa.com

5		Two of the postures of the “Sun Salutation” sequence.
6		

For media inquiries, please contact:

Ms. Ada Chan
Area Director of Marketing and Communications
E. ada.chan@artyzenhotels.com
D. +853 8793 3500

Mr. Anthony Lam
Assistant Public Relations Manager
E. anthony.lam@artyzenhotels.com
D. +853 8793 3515

About Artyzen Grand Lapa Macau

Well established in the heart of Macau, the upscale urban and lifestyle resort Artyzen Grand Lapa Macau offers a window into the city’s culturally rich heritage. The name “Grand Lapa” draws inspiration from the prestigious Lapa district in Lisbon, Portugal, where celebrities and aristocrats reside. As a true homegrown brand, the hotel celebrates Macau’s remarkable artistic and cultural enclave in a tasteful and stylish manner.

About Yoga Light

Yoga Light is a yoga and fitness company based in Macau. Incorporated from August 2016, Yoga Light was founded by the yoga Instructor Master Ritesh Kumar, who has been teaching

in Macau and Hong Kong for 6 years and is renowned in the yoga community for his professional and passionate teaching. Yoga Light strives to deliver the spirit of yoga: healing, unifying, self-awareness, love, energy, and transformation.

About Yoga and Sports General Association of Macau, China

The Association is a non-profit organization of which the purpose is to promote, standardize and lead yoga activities, so as to improve the aptitude of enthusiasts. It also formulates and implements the rules of yoga activities in Macau as well as supervising training for yoga instructors. Helping to train yoga athletes to represent Macau in international competitions is also a mission of the Association. It also helps link Macau with national and international arenas in yoga.