

FIND YOUR
SHANGRI-LA

WELLNESS OFFERING & MENU

In recognition of the need to lead a balanced lifestyle, our integrated wellness offering 'Find Your Shangri-La' invites you on an inspirational journey to maintain inner peace, gain a fresh perspective and discover original ways to enjoy a healthier life.

The mythical Shangri-La described in James Hilton's 1933 novel, 'Lost Horizon' is a sanctuary of peace, happiness and serenity and invoking our namesake, our authentic wellness programme enables you to find your own Shangri-La.

In-Room Offering

Partnering with renowned strength and conditioning coach Dan Roberts and his team, our dynamic in-room offering features three fitness videos each varying in intensity, running routes and a nutrient-dense menu. The Dan Roberts Group bring over 20 years' experience in the health and fitness industry and specialise in the physical conditioning of professional athletes as well as preparing actors for roles and models for the catwalk.

Additionally global yogi and wellness warrior, Michael James Wong has crafted a number of helpful tips on how to calm the chaos in our everyday lives. Founder of Boys of Yoga and modern meditation community Just Breathe, Michael James Wong is a leading voice in the global wellness movement.





DANROBERTS

Love the athletic life

In-Room Workouts

In partnership with Shangri-La Hotel, At The Shard, the Dan Roberts Group have exclusively designed three dynamic workouts to offer something for everybody. Break a sweat in the comfort of your own room with a high intensity training session led by Dan Roberts or restore with some invigorating vinyasa yoga with Sarah Hunt. Kate Foston's mobility workout is excellent for those who need to stretch and re-align after a long flight or day in the office. The three videos are in real time, take about 30 minutes each to complete and can be done in isolation or one after the other. For a longer workout, the following combinations of sessions are recommended.

- 1 Mobility workout, followed by the high intensity training followed by yoga (1.5 hours)
- 2 High intensity training followed by yoga (1 hour)
- 3 Mobility workout followed by the high intensity training (1 hour)

The In-Room workouts can be found on channels 2, 3 and 4 and we recommend using one of our industry-leading Lifetime yoga mats. Please call Housekeeping to request one to your room and begin your workout!

Book a Personal Training Session

For something more personal, book a one-on-one training session with Dan Roberts or one of his team and work out in our fully equipped gym located on level 52. Choose from a range of activities including:

- Weight maintenance
- Muscle gain
- Strength and conditioning
- Sports specific training
- Muai Thai
- Yoga
- Personal training sessions with Dan Roberts including his signature 'Your Inner Athlete' programme are priced from £220 for 60 minutes. Extended sessions also available upon request.
- Personal training sessions with a member of The Dan Roberts Group are priced at £137 for 60 minutes.

For bookings, please call Concierge at least 24 hours in advance to confirm your session. Cancellation within 24 hours of the session taking place will incur a 50% charge.



Run Club

Start your day with a run along the River Thames with one of three bespoke running routes. Designed by Dan Roberts and top trainer Gus Barton, choose from a 4km, 6km and 10km run.

As part of our summer calendar of wellness events, every Tuesday and Thursday morning, you can also join Gus as he leads the Dan Roberts Running Club on an energetic jog around the local area.

Meeting point:

The ground floor of the hotel next to Concierge

Programme running:

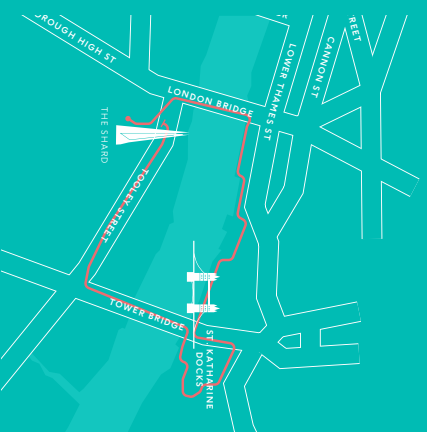
Every Tuesday and Thursday morning, 7.15am – 8am
22nd June – 31st August 2017

Take a photo of me on your phone so that I can guide you on your run!

4km

Route

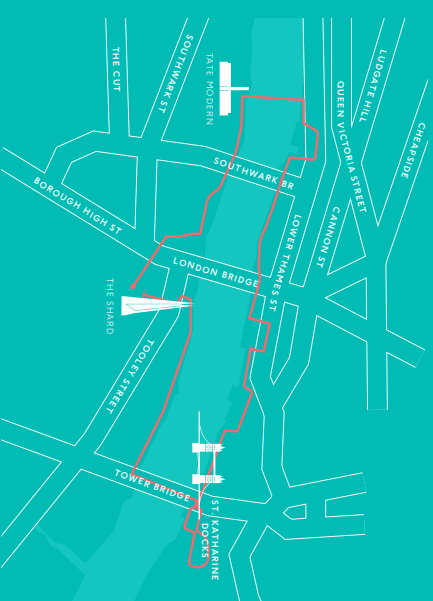
London Bridge
Embankment
St. Katharine Docks
Tower Bridge
Tooley Street



6km

Route

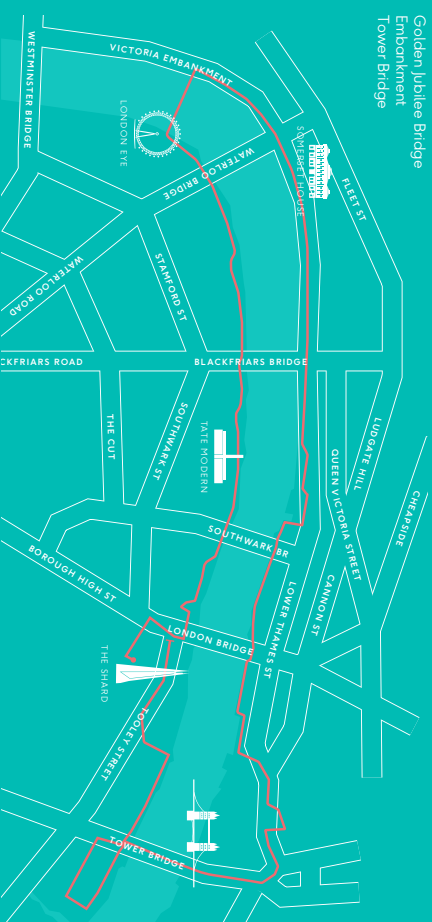
Southbank
Millennium Bridge
Embankment
St. Katharine Docks
Tower Bridge



10km

Route

Southbank
Golden Jubilee Bridge
Embankment
Tower Bridge



Mindfulness



In-Room Mindfulness Tips

Modern Mindfulness is a real-world approach for everyday living. In a busy city like London, it's easy to get caught up in the chaos, so finding time to slow down and get quiet is an everyday necessity.

Michael James Wong, Meditation Guide and Founder of Just Breathe London is a man on a mission to turn the volume down in London. These curated tips for Shangri-La Hotel, At The Shard, by Just Breathe London along with the gatherings and workshops will bring a quieter conversation to our city.

A Mindful Moment

It's easy to get caught up in the hustle and bustle of the city; there are sights, sounds and exciting attractions all around us, it's London, it's why you're here. But taking a moment to stop, pause and appreciate your day will do wonders for the time you have here.

Take a few minutes for a mindful moment. Find a comfortable place to sit in your room, close your eyes and allow the breath and body to be natural.

Feel the benefits of a few minutes of quiet.

Close your eyes and see what happens.

Creating Space & Stepping Away

Be in the present. Creating space is an amazing thing for your health & wellbeing. Giving yourself the time and attention away from your every day will help bring ease to your daily life. Whether you are at the hotel for work or pleasure, the time you have here will be special, so don't waste it, enjoy it.

One of the best ways to create space is to take a long shower or a hot bath. Taking the time to enjoy this experience which can help calm the body, ease the muscles and slow down your day.

Wake Up with Awareness

What is the first thing you do when you wake up? Do you reach for your phone and scroll?

Tomorrow, try waking up with awareness of the day, rather than to your phone. Plug your phone in somewhere out of reach, and in the morning when you wake up, appreciate what's in the room and the views, not what's on the phone. You'll find that your day will start off far more recharged when you leave your phone on charge.

Start Your Day with Purpose

Each morning start your day with a simple intention, a focus for the day ahead. It could be a slow walk around Tower Bridge to enjoy the sites or to venture off the beaten track to areas less known. Whatever it is, have something that gives your day a purpose. By doing this, you'll enjoy every minute of your time in London.

Quiet the Mind, Getting Ready for Sleep

It's time to turn the volume down. When it's time to turn in for the night, make an active decision to switch off. Before bed, it's essential to let the mind start to quiet before you even get under the sheets. Move slower, think less & allow everything you do to be easy.

When it's time for bed, make it intentional.

Wellness Dining Menu

Expert Nutrition

The hotel's culinary team together with dietitian and chef Clare Gray from the Dan Roberts Group have created a number of nutritionally balanced meals that are naturally low in refined sugars to help you feel good, refuel and recharge.



Breakfast

Available from 6am to 11am

Dairy-free Chia Seed Pudding

£13

Blueberries, strawberries, almond milk, and chia seeds

Additional toppings: pistachio and/or chopped dates

A low sugar, dairy-free, fruity, nutty pudding

Energy: 171 Kcal, 5.6g protein, 9.2g carbohydrate and 10.1g fat

Gluten-free Porridge

£12

Natural rolled oat porridge with your choice of milk

Additional toppings: berry compote and/or mixed seeds

A warm hearty breakfast, also available dairy-free

Energy: 314 Kcal, 9.9g protein, 44g carbohydrate and 9.9g fat

Dairy-free Bircher Muesli

£11

Gluten-free rolled oats, banana, sunflower seeds, almond milk, pumpkin seeds, chia seeds, cocoa nibs

A cold fruity, dairy-free dish served with Manuka honey served on the side

Energy: 274 Kcal, 8.3g protein, 32.2g carbohydrate and 10.5g fat

Smashed Avocado and Poached Eggs

£16

Free range organic eggs, smashed avocado, lime, coriander, steamed spinach and pumpkin seeds

A healthy breakfast packed with protein

Energy: 368 Kcal, 18.1g protein, 13.4g carbohydrate and 25.6g fat

Smoothies and Snacks

Available from 6am to 11am

Super Green Smoothie

£7

Spinach, kale, cucumber, mint, avocado

An energy boosting pure vegetable smoothie

Energy: 118 Kcal, 5.2g protein, 6.3g carbohydrate and 6g fat

High Power Smoothie

£7

Mango, strawberries, banana, ginger, Greek yoghurt and almond milk (Dairy-free option available)

A balanced fruit and yoghurt smoothie to help you power through your day

Energy: 325 Kcal, 11.2g protein, 32.4g carbohydrate and 15g fat

Energy Balls

£5

Hazelnuts, gluten-free oats, dried fruit, coconut, cocoa and matcha powder 100% raw and rich in anti-oxidants, the perfect healthy snack

Three per serving

Energy: 92 Kcal, 2g protein, 10.2g carbohydrate and 4.2g fat





Main Dishes

Available from 11am to 11pm

Bergamot and Tamarind Broth

£18

Kombu, sweet potato, soba noodle, chlo sum, eringi mushrooms, lemon grass and a hen's egg (vegan option available)

Warm and restorative, this vegetarian dish is naturally gluten and dairy-free

Energy: 469 Kcal, 26.6g protein, 61g carbohydrate and 8.6g fat

Fragrant Poached Sea Trout

£26

Forbidden rice, coconut and lemongrass broth, dehydrated coconut, foraged sea vegetables

Light and fresh with an excellent source of omega 3

Energy: 428 Kcal, 36.3g protein, 51g carbohydrate and 10.9g fat

Grilled Organic Chicken

£26

Cashew nut sate, buckwheat noodles, coconut, fresh lime, fermented radish

A perfectly balanced dish, hearty, healthy and full of protein

Energy: 523 Kcal, 52g protein, 38.1g carbohydrate and 16.4g fat

Accompanying Sides

All main courses are served with baby cucumber kimchi and seasonal steamed vegetables served alongside a gut-friendly tamarind, sesame and miso dressing

Cucumber kimchi: Energy 211 Kcal, 0.7g protein, 1.7g carbohydrate and 1.2g fat

Steamed green vegetables: Energy 70Kcal, 3.9g protein, 51g carbohydrate and 2.6g fat

Our Raw Favourites

From Borough Market to Table (vegan)

£14

A selection of seasonal vegetables served with romesco dip

Shredded Kale, Avocado, Cranberry and Orange Salad (vegan)

£18

Coriander, red onion, pumpkin seeds, black olives

Dairy/Wheat Alternatives

A variety of alternative ingredients to suit your dietary requirements are available:

Almond milk	Rice milk	Almond butter
Soy milk	Vegan spread	Peanut butter

Gluten-free breads with a choice of: white, wholemeal and granary

Gluten-free pasta Rice noodles

A seasonal selection of dairy and gluten-free cakes and cereal bars, please enquire with our in-room dining team

Skypool, Gym and In-Room Treatments

Skypool

A calming oasis awaits you high up in the clouds on level 52 of Shangri-La Hotel, At The Shard. Relax in the stunning infinity Skypool as you gaze at breath-taking views over London.

Opening Hours: 6am – 8pm

Dedicated Children's Hours: 9am – 11am / 3pm – 5pm

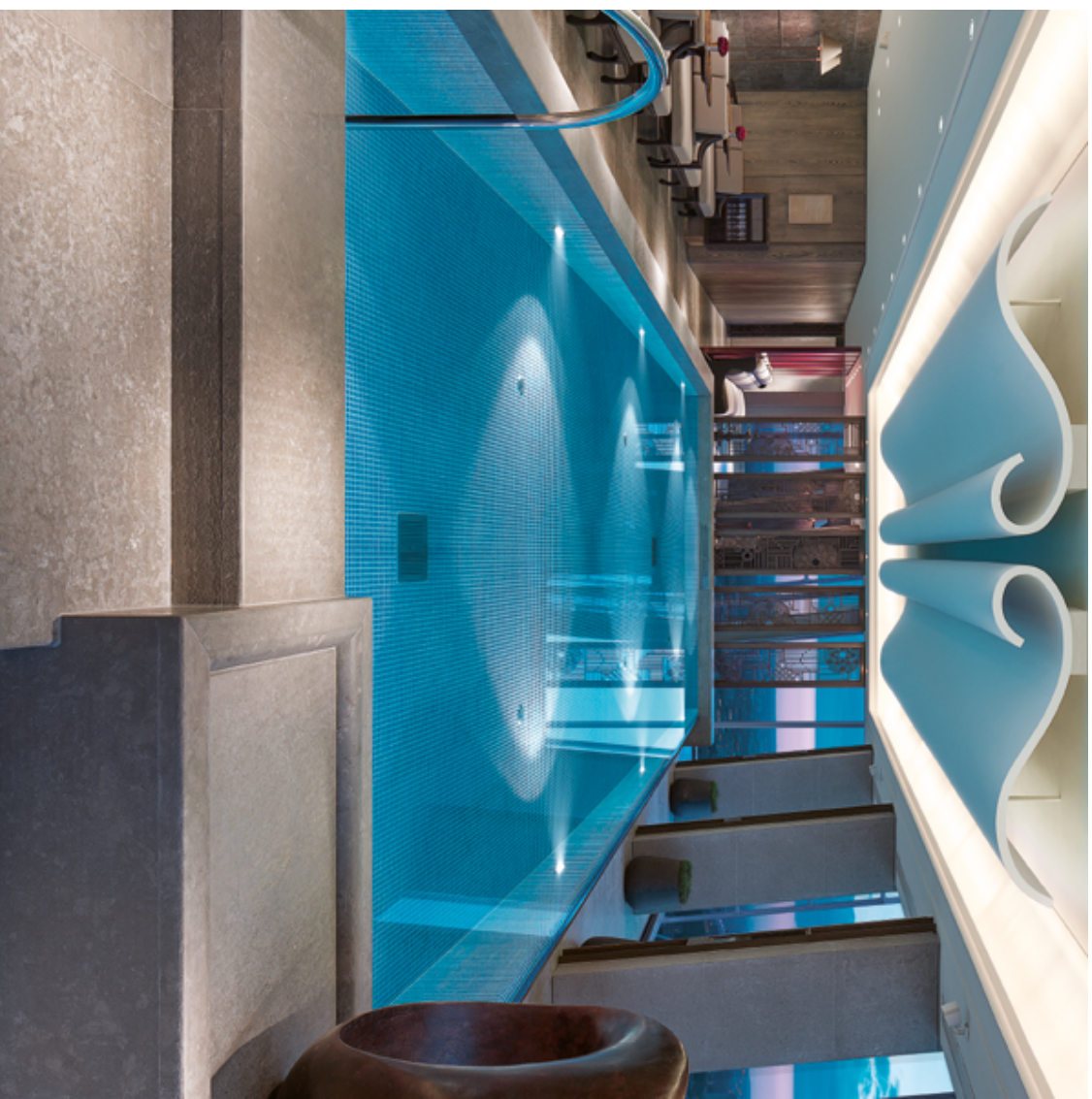
Gym

Invest in your wellbeing and re-energize at the gym on level 52, equipped with modern fitness facilities and overlooking the city of London.

Open 24 hours

In-Room Treatments

Please check the back pocket of this brochure for the full list of beauty and spa treatments.





Summer Calendar of Wellness Events

Shangri-La Hotel, At The Shard, has teamed up with a wide range of wellness experts in the fields of health, beauty, fitness and mindfulness to bring you an exciting calendar of wellness events at the hotel this summer.

Check the calendar located in this brochure's back pocket for details and register your place by calling our Guest Relations team.

Just Breathe

Inhale / Exhale Workshop

Join us for a two-part meditation and modern mindfulness workshop by Just Breathe London, the city's modern meditation community, to develop the tools and techniques to help calm the chaos in our everyday lives. The sessions will include spirited discussion, writing and journaling, personal development and training in daily meditation techniques.

Grand Gathering

Join us for a Just Breathe Grand Gathering where the community comes together to sit still and find quiet away from the hectic chaos of city living. Enjoy an evening of live music, spectacular views, an introduction to mindfulness and guided, group meditation. A charity event supporting the British Heart Foundation, The Blackfriars Settlement and Kindness.org.

The Just Breathe events are facilitated by Michael James Wong, Founder of Just Breathe London. Michael is a leading expert in the field of modern meditation & yoga and is recognised globally for his work bringing modern mindfulness to the masses.

Good Vibes

Sunset Skypool Sessions with Fat Buddha Yoga

A dynamic and open level vinyasa flow yoga class facilitated by Jessica Skye to help you find some inner calm and maintain a healthy mind and body. Jessica is an international DJ, Trainer for Nike, and the Founder of Fat Buddha Yoga.

Expect an energising flow that will make you stronger, more subtle and leave you with a heap of Zen. All to the backdrop of Fat Buddha music and panoramic views of London's skyline to help you 'Find your Shangri-La'.

Knowledge is Power

Welltudo

Lauren Armes is the Founder of Welltudo, the leading global resource and consultancy for forward-thinking brands in the wellness industry. Shangri-La Hotel, At The Shard, have partnered with Welltudo to offer inspiring and thought-provoking 'Evenings in Conversation With' leaders in the wellness industry high above the clouds.

Fitness for Life

Dan Roberts in conversation with Dr Hazel Wallace, the Founder of the Food Medic, talking about the connection between body and mind, the role of fitness as a social connector and tool for combating stress and having the right mindset.

Eat Well For Life

A discussion with Jasmine Hemsley, Founder of Hemsley+Hemsley and Damian Soong, Co-Founder of Form Nutrition on eating for optimal balance, demystifying the clean eating movement and expert opinion on finding peace with food (mindful eating).

Inside Out Beauty

Beauty experts talking about the boom in and benefits of natural and organic skincare, the convergence of east meets west (Ayurvedic principles) and disrupting the concept of beauty with non-invasive treatments.

A Cardio Happy Dance

Body By Simone

Celebrity trainer and former Broadway dancer, Simone De La Rue of Body By Simone brings her signature dance based workout to Shangri-La Hotel, At The Shard, this summer. The inspiring oasis of the hotel provides the ideal backdrop to have fun with fitness and discover Simon's joy in combining exercise with dance!

lululemon Primal Movement

lululemon ambassador Sam Burrows from Field Works Gym will be leading primal movement classes high above the urban jungle at Shangri-La Hotel, At The Shard. Primal movement improves strength, flexibility and balance by drawing on the basics of animal motion, incorporating crawls, hops, jumps, lunges, squats, inversions, balances and hangs, these sessions will have you moving like a panther.



WELLNESS SUMMER CALENDAR

We have partnered with leading wellness experts to bring you the best in fitness, mindfulness, and nutrition. Shangri-La Hotel, At The Shard invites you to attend our exciting wellness events throughout the summer.

Events are open to non-resident guests. To book, click on the events below. Attendance is complimentary for resident guests. Please call the Guest Relations team to reserve your space on +44 (0) 207 234 8000.

To book the ultimate wellness experience see the next page for details.

June	July	August
Wednesday 21 June Welltudo x Shangri-La Fitness For Life 18.30 – 20.30 Ren Ballroom Tickets £20	Saturday 8 July Lululemon Primal Movement class 10.00 – 11.30 Ren Ballroom Tickets £7	Monday 24 July Just Breathe Grand Gathering 19.00 – 21.30 Level 34 Tickets £7
Monday 26 June Just Breathe Grand Gathering 19.00 – 21.30 Level 34 Tickets £7	Sunday 9 July Just Breathe Workshop Exhale/Inhale 09.00 – 13.00 and 14.00 – 19.00 Ren Ballroom Half day tickets £77 Full day tickets £138	Tuesday 25 July Welltudo x Shangri-La Eating Well For Life 18.30 – 20.30 Ren Ballroom Tickets £20
	Thursday 8 August Body By Simone Dance Workout 19.30 – 21.00 Ren Ballroom Tickets £20	Wednesday 23 August Sunset Fat Buddha Yoga 19.30 – 21.00 Skypool Level 52 Tickets £18
Wednesday 28 June Sunset Fat Buddha Yoga 19.30 – 21.00 Skypool Level 52 Tickets £18	Wednesday 12 July Sunset Fat Buddha Yoga 19.30 – 21.00 Skypool Level 52 Tickets £18	Wednesday 9 August Sunset Fat Buddha Yoga 19.30 – 21.00 Skypool Level 52 Tickets £18
	Sunday 23 July Catie Miller Xend Barre workout 10.00 – 11.30 Ren Ballroom Tickets £20	Saturday 12 August Lululemon Primal Movement class 10.00 – 11.30 Ren Ballroom Tickets £7
		Tuesday 29 August Just Breathe Grand Gathering 19.00 – 21.30 Level 34 Tickets £7

THE ULTIMATE WELLNESS EXPERIENCE



Escape from the city and enjoy a holistic wellness experience at Shangri-La Hotel, At The Shard, London. Book a 'Find your Shangri-La' overnight experience available through to 31st March 2018 that includes:

- An overnight stay in one of our luxurious rooms or suites (based on double occupancy)
- A personal training session for up to two people with Dan Roberts or one of his team
- A complimentary healthy breakfast and smoothies for two
- Complimentary tickets to the wellness events taking place during your stay
- Complimentary tickets to the hotel's new running club with the Dan Roberts Group
- Complimentary use of the hotel's leisure facilities
- Complimentary Wi-Fi

To book visit: www.shangri-la.com/london/shangrila/offers/

The 'Find Your Shangri-La' wellness experience starts from £635 based on two people staying



Shangri-La hotel

AT THE SHARD

LONDON