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SANGHA BY OCTAVE

Overview:

SANGHA Retreat is a holistic wellness sanctuary, enhancing personal wellbeing through mindful spaces and an immersive retreat. Located in Suzhou, China, this fast-developing city is known as the “Venice of the East” with its intertwining canals through its storied streets. Nestled along 47-acres along the shores of the serene Yangcheng Lake peninsula adjacent to the Chongyuan Temple, the ambiance draws inspiration from its serene surroundings. SANGHA Retreat enhances and guides your journey to self-clarity and well-being through an integrated approach that incorporates Ancient Chinese practices and quantum science. Drawing from OCTAVE’s community-centered philosophies, guests can embrace optimal self-awareness through personalized mind body assessments at the AT ONE Clinic, rejuvenating spa journeys AT ONE Healing Spa, customized culinary and wellness programs, guided meditation and yoga, plus a community space and Quantum Leadership Retreats. Customized to the individual, a personal SANGHA Retreat is built on four pillars to rewire, reframe, reskill and renew. Embark on a deeply personal journey to achieve a harmonious unity between one’s inner self and connection to the surrounding environment.

Location:

SANGHA Retreat is an hour drive from the Shanghai Hongqiao International Airport (SHA). Alternatively, fly into Shanghai Pudong International Airport, just under 1.5 hours away by car. The Suzhou Industrial Park is the closest station, just a 15-minute drive from the hotel with China Railway services connecting to the city of Suzhou. The Kunshan railway station is a 10-minute drive or the Yangcheng Lake exit of Shanghai Nanjing Expressway.



Accommodations:

SANGHA Retreat is more than just a wellness retreat - it is a singular community for holistic healing. Designed by Calvin Tsao and Zack McKown of Brooklyn-based architect firm Tsao and McKown, it boasts three types of accommodations ranging from: AT ONE and SANGHA Villas. Each offers a space for mindful learning, a holistic wellness retreat, alongside a mix of residential villas. Guests seeking a wellness retreat will stay at AT ONE, where the team will provide guests with a body-mind assessment and evaluation.

AT ONE Suites (60):

The AT ONE Suites are designed as your holistic wellness retreat.

Lake View Junior Suites (54) (570 square feet)

Offering the choice of one King or two Double beds, premium amenities, a balcony boasting picturesque views of the pool and the Yangcheng Lake.

Spa Suites (3) (915 square feet)

Spa Suites offer relaxation, rejuvenation and the utmost privacy. Designed with discretion in mind, each features a separate driveway entrance, private elevator to the spa, an outdoor reflection pool, indoor Thai massage bed and a multi-jet shower.

One Bedroom Premier Lake View Suites (2) (1,400 square feet)

The thoughtfully appointed One Bedroom Premier Lakeview Suite is accessed exclusively by private elevator. Situated on the top floor of SANGHA Retreat, it features spacious living and dining rooms, complemented by unmatched views overlooking the retreat and Yangcheng Lake.

Two-bedroom Penthouse Lake View Suites (1) (2,100 square feet)

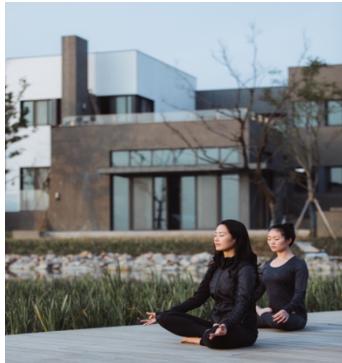
Spanning two bedrooms with an expansive living area complete with a gas fireplace, this exquisite suite provides a relaxing environment to become immersed in the meditative views of our pool and the Yangcheng Lake.

SANGHA Villas (8):

The contemporary four-bedroom (7) SANGHA Villas range are 4,000 square feet while (one) seven-bedroom SANGHA Villas are 8,600 square feet. For those looking for a permanent residence, these homes offer a king-sized bed, a separate dining and living room, full kitchen, refrigerator, induction cooker, cooking ware, washing machine. Each room includes a smart television, bathroom with bathtub, and enclosed deck with floor-to-ceiling windows to bring in the natural light.

AT ONE Clinic:

The AT ONE Clinic offers integrated and holistic support for your health from breath therapy, exercise, and variety of detoxification and cleansing programs customized to guests' individual needs. Comprehensive wellness assessments determine each guest's personalized program to address the six habits of life: eating, breathing, sleeping, movement, thinking and awareness. Upon arrival, an appointment is scheduled to meet with a team of western and eastern trained doctors, internationally certified nutritionists, TCM physicians, physiotherapists, and life coaches who review lifestyle habits, restore health. Guests will receive a detailed chart that breaks down body composition and provides recommendations throughout the stay ranging from specific movement exercises. Incorporating educational elements to practice rejuvenate your mind, body and spirit. Post-visit follow ups are available to support and sustain lifestyle changes.



AT ONE Healing Spa:

A 65,000-sq-ft subterranean spa boasting 26 treatment rooms with living green walls, skylights, and a "transformation tunnel" leading to wet areas, treatment rooms, rhassoul and hamman chambers, watsu pool and a 12-step hydrothermal spa circuit.

Spa Amenities and Treatments include:

- Ayurveda
- Bio Sauna (Women's Lounge)
- Body Scrubs and Wraps
- Crystal Reiki Healing
- Detox Soaks
- Salt Cave
- Heated Recliners
- Massage
- Mindfulness Session
- Manicure and Pedicure (Women's Lounge)
- Revitalizing Facials
- Pilates
- Pranic Healing
- Reiki
- Rhassoul Chamber Ritual
- Spa Cafe & Spa Boutique
- Spinal Alignment Session
- Sound Healing Meditation
- Vitality Pool
- Yoga

Hydrothermal Circuit:

- Hydrotherapy Aquatonic Jets (in pools)
- Cold Plunge Pools
- Steam Room (Laconium)
- Kneipp Walk
- Hamman
- Infrared Sauna
- Himalayan Salt Cave
- Herbal Steam Room
- Finnish Sauna
- Ice Fountain
- Tropical Showers
- Music Experience Loungers

AT One Living Habits

The “LIVING HABITS Practice Calendar” offers daily group activities and classes in the fully equipped gym, movement studios, sound & meditation domes and connection rooms. Private one-on-one or small group classes can be arranged on request. Activities are scheduled to align with the body’s circadian rhythms throughout the day:

- Gym, cardio, resistance, free weights, circuit
- Pilates, Thai Boxing, core strength training
- Harmonious movement through dance, yoga and tai-chi
- Sound healing and meditation
- Creative living, expressed in culinary, handiwork, and calligraphy classes
- Mindfulness classes to train the mind and increase awareness
- Topical and seasonal wellness talks on stress management, longevity and women’s health

Meditation Dome:

A healing dome built with precise dimensions to radiate the energy captured from the rising sun. The dome sits on quartz crystals for a unique sound healing and meditation experience. Energy practices include tachi, yoga and qigong. The platform faces east and draws universal energy into the dome where mediators can experience deep energetic penetration into self for alignment and healing.



THOUGHT FOR FOOD:

Overseen by Michelin Chef Paul Then, the curated THOUGHT FOR FOOD culinary program offers the best of taste and nutrition. In collaboration with the AT ONE Clinic, a customized culinary journey is created for each guest using responsibly sourced ingredients.

The Tea Lounge

Overlooking the meditative infinity pool and Yangcheng Lake, the Tea Lounge features chandeliers made of repurposed oil-paper umbrellas, honoring a traditional Chinese craft. A meeting place to enjoy: coffee or tea, healthy snacks, fresh juices or cocktails and wine.

THOUGHT FOR FOOD Market:

An experiential dining space with a mix of communal and individual dining spaces, the market spans 27,000 square feet featuring a myriad cooking stations, cafe, bakery, wine cellar, and culinary school lies at the heart of the VILLAGE.

Quantum Leadership Retreats

Designed around a new paradigm of quantum leadership, these retreats feature guest presenters, programs and activities that establish a connection between the body, mind and quantum field. Participants take the

first step on a journey to find purpose and alignment, experiencing the potential for unprecedented creativity.

THE VILLAGE:

A space to intellectually explore, be creative and socialize.

- **THOUGHT FOR FOOD MARKET:** A 27,000-sq-ft market and food hall with myriad cooking stations, cafe, bakery, wine cellar, and culinary school lies at the heart of the VILLAGE.
- **The Plaza**, a sunken, open-air quad at the center of the VILLAGE for learning and social events including farmers' markets, art and music festivals, fitness and wellness learning forums, carnivals and parties.
- **Town Hall**, a 5,500-sq-ft column-free space with 19-ft-high ceilings, featuring 270-degree LED screens, state-of-the-art sound and lighting for custom events
- **The Gallery**, a private space for art exhibits and contemplation by guests
- **The Sanctuary**, a meditative space suitable for special events such as weddings, ceremonies and meetings
- **Family Learning Center**, a 40,000-sq-ft specialized platform to support the evolution and growth of families through mindful practices combined with creativity through arts, drama, music and meditation
- **VILLAGE HOUSE**, a group learning space with 47 bedrooms, designed in clusters of eight bedrooms sharing a lounge. Nine meeting rooms (flexible in size and functionality, suitable for small group or breakout sessions) and a 144-seat auditorium support experiential learning, workshops and lectures.
- **VILLAGE HOME**, contemporary, 667-sq-ft to 990-sq-ft, one- to two-bedroom serviced apartment suites for families and groups who stay for longer periods or prefer the comfort of an apartment to support their family or group learning.

Amenities:

- AT ONE Clinic
- AT ONE Healing Spa
- Central Air conditioning (individually controlled)
- Complimentary WiFi
- Indoor Pool at the Wellness Clinic
- In-room television
- Hydrotherapy Circuit
- Market Plaza
- Mini bar with complimentary bottled water, tea and coffee
- Meditation Dome
- Movement Rooms
- State-of-the-art GYM80 Fitness Center
- THOUGHT FOR FOOD Market
- Restaurant serving nutritional cuisine approved by doctors

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