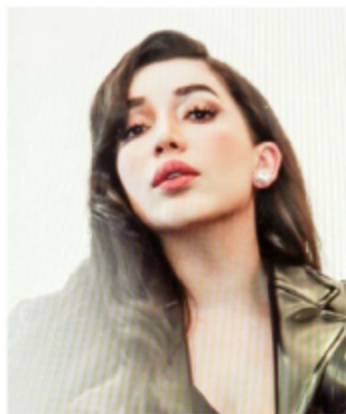
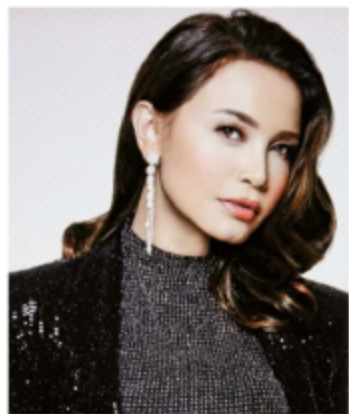


HIGHEND

FIRST-CLASS LIFESTYLE

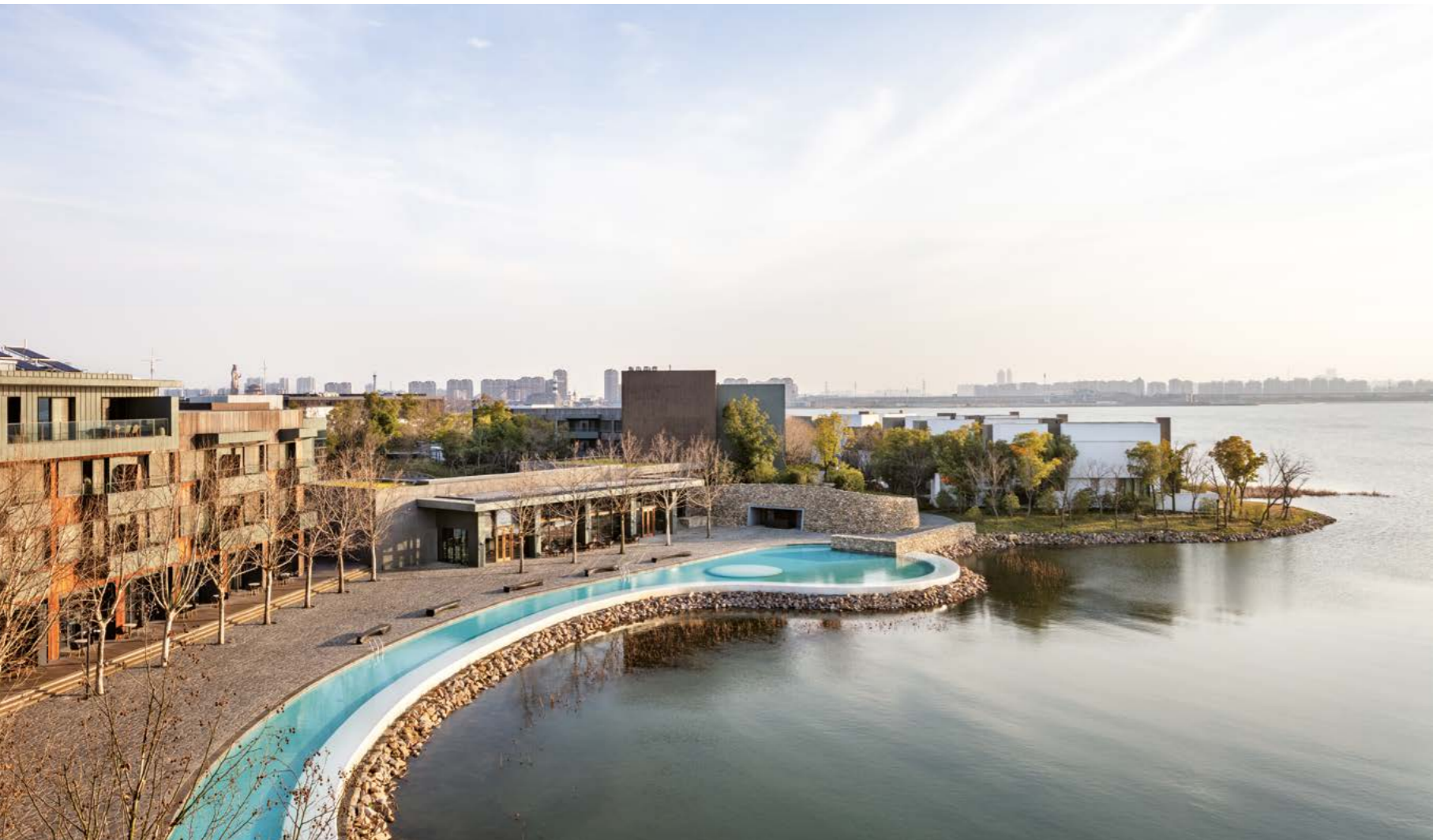


NEW
NORMAL
IS UPON US



TURNING THE TABLES

Ayla Dimitri | Felicya Angelista
Jully Bunnara | dr. Natasha Vinski
Rossa | Shandy Purnamasari



REGENERATING THE WORLD

TO LIVE IS OUR DESTINY, AND ALL WE ARE AS WE EXIST IN THIS WORLD. IT'S A TRUTH SO SIMPLE THAT HAS BEEN AWAKENED IN ALL OF US, BOTH INDIVIDUALLY AND ON A GLOBAL SCALE.

Text LISTYA MANOPO Photos courtesy of SANGHA RETREAT

It has been a tumultuous year which will be remembered in the evolution of mankind. Our desire to feel whole, healthy and vibrant has never risen to the surface of our consciousness so powerfully, and it never has come down to become such an instant collective intent. We may each be at a different point on the journey, but the preciousness of our planet and our need to protect both it and ourselves is set to become a worldwide human endeavor. China has an important role to play in the formation

of the future. Progress, growth and wisdom are always born out of darkest experiences. A portal for change has been created, one which SANGHA Retreat by Octave Institute firmly believes should be harnessed for the greater good of mankind.

Located west of Shanghai in culturally rich Suzhou, SANGHA Retreat is the brainchild of the visionary Fred Tsao which is an integrated and immersive wellbeing sanctuary combining the ancient wisdom of the East with the latest in Western scientific research. The new Immine



Boosting Programmes aim to meet the urgent need for emotional processing and regeneration in the aftermath of COVID-19. These programmes combine the power of touch, a cleansing diet and natural elements that come into play such as water, light, heat and sound to rejuvenate and realign mind, body and energetic spirit at their deepest level.

Design to offer the tools and the knowledge for lasting, ever-evolving self-healing, the Immune Boosting Programmes evaluate the strength of a participant's defense systems, both physically and mentally, through highly advanced scientific testing methods which cover everything from posture and to metabolic functioning. Stress, sleep, nutrition, thought-patterns, pollution; they all play their part when it comes to immunity. A range of prescribed

therapeutic treatments, alongside a customized nutrition plan, effectively encourage the release of negative holding patterns and promote a profound inner peace through which the body can achieve and maintain optimum health.

These expertly curated, results driven Immune Boosting Programmes can be done over a three of six night period, and depending on its length, can include the likes of Traditional Chinese Medicine, Aromatherapy Massage, Acupuncture, Moxibustion, Lymphatic Drainage, Personal Training, Pilates and more. The collaborative effect of layered and interconnected treatments allows participants to build a new foundation, one that enables them to be true to themselves, feel their best and embrace a fresh, expansive outlook.