



音昱水中天  
SANGHA RETREAT

## **SANGHA Retreat by OCTAVE Institute Fact Sheet**

### **About**

SANGHA Retreat is an innovative and impactful holistic health and wellbeing destination. It is about expansive mind, expansive living...a new path to optimal living through oneness and evolving consciousness, which allows everyone to flourish.

The design creates spaces that are soothing, calming and uplifting. SANGHA Retreat reflects, respects and integrates into the surrounding environment. It harnesses nature's gifts, from sunlight to natural cooling and heating.

### **The Program**

Embracing ancient Chinese wisdom backed by Western science, SANGHA Retreat aims for transformative change by addressing the cause, not the symptom. Customized to the individual, a SANGHA retreat is built on four pillars to rewire, reframe, reskill and renew.

It begins with a comprehensive wellness assessment of one's current state of body and mind. Doctors and experts design a program to cleanse impurities and address the root cause with healing treatments, exercise and clean food to help nourish and replenish. Guests learn new habits to sustain improved health for the long term.

### **Opening Date**

- Opened in 2017
- Launched to the West in 2019

### **Founder**

- Frederick Tsao (who prefers to be referred to as "Fred"), is the fourth-generation steward of a Singapore-based family business whose roots are from Shanghai. Co-author of [\*Quantum Leadership: New Consciousness in Business\*](#)
- Motivated by a lifelong interest in philosophies of the East and West, Fred created SANGHA Retreat as a supportive community where people can grow and evolve together on their individual journeys to self-clarity and wellbeing.

### **Location**

- On the outskirts of the city of Suzhou (a UNESCO World Heritage site)
- 47-acre peninsula on Yangcheng Lake
- Approximately 1.5 hour drive west of Shanghai



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## Design

Guided by local tradition and sustainability, the human-scaled architecture is rooted in nature. The design creates a calm and meditative space where guests feel 'at home' and connected to each other and the environment. Designed collaboratively by:

- [Tsao & McKown](#) New York, with Calvin Tsao as creative director and lead architect
- [Nery + Hu](#) Shanghai
- Yung Ho Chang of [Atelier FCJZ](#) Beijing/Shanghai

## Design Awards

- 2018 *Interior Design* magazine, Best of Year Winner: Beauty/Spa Project  
<https://www.interiordesign.net/award/6-best-of-year-awards-winners-2018/>
- 2018 AL Design Awards, *The Journal of the American Institute of Architects*: Commendable Achievement and Exterior Lighting  
[https://www.archlighting.com/projects/2018-al-light-architecture-design-awards\\_o](https://www.archlighting.com/projects/2018-al-light-architecture-design-awards_o)
- 2017 *Interior Design* magazine Best of Year Winner: Civic/Religious  
<https://www.interiordesign.net/projects/14249-pavilion-by-neri-and-hu-design-and-research-office-2017-best-of-year-winner-for-civic-religious/>

## AT ONE Clinic

A wellness center of international standards founded on Western and Chinese integrated and functional treatments. Offering holistic health and lifestyle solutions to balance and integrate the mind, body and spirit. Comprehensive wellness assessments determine each guest's personalized program to address the six habits of life: eating, breathing, sleeping, movement, thinking and awareness.

- General Manager: Dr. Cynthia Pu, MD, MBA
- An international team of doctors
- Comprehensive wellness assessments
- Customized wellbeing programs
- Traditional Chinese Medicine evaluation and treatments
- Detoxification and cleansing programs
- Anti-aging programs
- Breath therapy
- Sleep therapy
- Post-visit follow ups to support and sustain lifestyle changes

## AT ONE Healing Spa

A 65,000-sq-ft subterranean spa with living green walls, skylights, and a "transformation tunnel" leading to wet areas and treatment rooms. A comprehensive hydrothermal circuit offering both indoor and outdoor experiences with hot and cold therapies, plus relaxing and energizing experiences.



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- Spa Director: Alan Navarrete
- Extensive menu of treatments including massage, body scrubs, body wraps, hot soaks, facials, skincare, Ayurveda, and crystal therapy.
- Men's lounge area, Experience Showers, Vitality pool, Finnish sauna, heated recliners.
- Women's lounge area, Experience Showers, Vitality pool, bio sauna, heated recliners, mani-pedi salon
- Children's Spa: Water attractions lagoon, interactive Pirate Cave, baby beach, slumber eggs, and smart beach party
- Healing Spa
  - Skylit Hammam – Turkish-style sauna and therapeutic scrubs
  - Rhassoul – Moroccan mineral skin therapy
  - Watsu Pool
  - Kniepp Walk – cold hydrotherapy cure
  - Ice Fountain
  - Herbal Steam Room
  - Himalayan Salt Cave
  - Laconium – dry heat sweating room
  - Swimming Pool with underwater massage pods
  - Tropical Showers
  - Music Experience Loungers
  - Waterfall feature
  - 26 treatment rooms including VIP Suites with private changing rooms, private steam bath, scrub tables, lounge, and relaxation pool
- Outdoor Area overlooking Yangcheng Lake
  - Heated Aquatonic pool, neck showers with a pool bar and open sauna
  - Infinity pool, a 394-foot reflection pool alongside the lake with relaxation deck, pool loungers, swim-up bar and sauna.
- Spa Cafe, for pre- and post-treatment lunch and dinner
- Shopping boutique

### **Sound Healing & Meditation Domes**

Healing domes built with precise dimensions to radiate the energy captured from the rising sun. The domes sits on quartz crystals for a unique sound healing and meditation experience.

### **Activities & Fitness at the Mind and Body Center**

A sustained change in living habits supports the pursuit of wellbeing. The process encourages guests to discover more about themselves and their habits. The “LIVING HABITS Practice Calendar” offers group activities and classes to in-house guests every hour from 7 a.m. to 5 p.m. in the fully-equipped gym, movement studios, sound & meditation domes and connection rooms. These activities are timed to align with the body's circadian rhythms throughout the day:

- Gym, cardio, resistance, free weights, circuit
- Pilates, Gyrotonics, Thai Boxing for core strength training



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- 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

Private one-on-one or small group classes can be arranged according to individual needs of guests.

### **THOUGHT FOR FOOD**

THOUGHT FOR FOOD is founded on the concept of simplicity, and serving nutritious, healthy food using local and seasonal ingredients prepared à la minute and according to the diet and/or preferences of each guest. It offers Eastern and Western cuisine complemented by an array of beverages, juices, and teas, with a selection of alcoholic cocktails prepared with a healthy twist. Menus are created by our Michelin-trained chef in consultation with our nutritionist.

Features an open kitchen and windows overlooking Yangcheng Lake

- Executive Chef: Paul Then
- Nutritious, mindful gastronomy, mostly organic and local, presented artistically
- Customized menus for each guest
- Juice and soup cleanses
- Nuts and juice bar

### **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
- Cocktails and wine

### **AT ONE accommodations**

Choose from lakeview suites, private-access spa suites, or free-standing villas.

- General Manager of Hospitality: Eddy Ram
- 60 suites
  - 41 (570-sq-ft) Lakeview Junior Suites with King beds, living area and balcony overlooking Yangcheng Lake
  - 13 (570-sq-ft) Lakeview Junior Suites with Twin beds, living area and balcony overlooking Yangcheng Lake
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- 3 (915-sq-ft) Spa Suites with direct elevator access to the Healing Spa. Suites feature separate living area, Thai massage bed, outdoor deck, and chromotherapy shower with needle and rain shower heads and steam.
- 2 (1,420-sq-ft) Lakeview Premier Suites
- 1 (2,130-sq-ft) Lakeview Penthouse (1 King and 1 Queen bedroom)
- 8 freestanding Villas
  - 7 (4,300-sq-ft) 4-bedroom lakeside villas
  - 1 (8,600-sq-ft) 7-bedroom lakeside villa

Amenities designed for a good night's sleep:

- Quartz crystal mandalas under each bed
- Curved ceilings
- Egyptian cotton bedding, allergen-free woven rugs
- Pillow menu
- Bedside lighting panel and motion-activated lights
- Loose-leaf seasonal tea at turndown
- Filtered water replenished daily in glass bottles
- 8 BY OCTAVE, signature line of gentle bath products

### **SANGHA Retreat Programs**

Recommended minimum stay for a SANGHA Retreat is 5 nights. Rates begin at US\$1,095/single, or US\$1,695/double, per room, per night. Programs are inclusive of:

- AT ONE Lakeview Premier Junior Suite accommodations
- Comprehensive wellness assessment, AT ONE Clinic
- Post-assessment consultation and personalized treatment and activity schedule
- Three healthful, customized meals daily
- Use of fitness facilities and all activities on the LIVING HABITS Practice Calendar
- Access to men's and women's lounge areas
- Use of 12-step hydrothermal circuit
- Roundtrip airport transfers for up to three guests

### **The VILLAGE**

A live-work-learn community with spaces for communal learning, executive retreats, conferences, summits and festivals. The VILLAGE is a place for collective exploration and learning.

- **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.



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- 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.

### **SANGHA Villa**

108 individual family homes designed in the Suzhou vernacular and sited along tree-lined paths alongside Yangcheng Lake. A 21<sup>st</sup>-century-lifestyle community fusing Eastern wisdom with Western expression through our relationship with self, others and environment.

### **How to Get There**

- Nonstop flights depart from many gateway cities in the U.S. to Shanghai, Pudong Airport (PVG). SANGHA Retreat can arrange a private car and driver transfer. Drive time from PVG to SANGHA Retreat is approximately 1.5 hours.
- Private and charter jets can land at one of two airports within a 60-minute drive to SANGHA Retreat.
- Chinese visa required for foreign visitors. This can be easily obtained through China visa services in the U.S.

### **Useful Information:**

- English-speaking staff
- Local currency is Renminbi (RMB). Major U.S. credit cards are accepted.
- Attire is casual, relaxed clothing
- Time zone: Chinese Standard Time (CST)

Website: [www.sangharetreat.com](http://www.sangharetreat.com)



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**Social media:**

Facebook: <https://www.facebook.com/SanghaRetreat> @SanghaRetreat

Twitter: <https://twitter.com/SanghaRetreat> @SanghaRetreat

Instagram: <https://www.instagram.com/sangharetreatbyoctaveinstitute>

@SanghaRetreatByOctaveInstitute

**Media Contacts:**

**U.S.**

Sheila Donnelly & Associates

Babs Harrison

[babs@sheiladonnelly.com](mailto:babs@sheiladonnelly.com)

Cassie Kim

[cassie@sheiladonnelly.com](mailto:cassie@sheiladonnelly.com)

**UK**

Indigo Eight

Anna Dickinson

[annadickinson@indigoeight.com](mailto:annadickinson@indigoeight.com)

**Australia/New Zealand**

Betsy Pie Communications

Betsy Pie

[betsypie@bigpond.com](mailto:betsypie@bigpond.com)

**Asia**

Petrie PR

Hong Kong

Linda Petrie

[linda@petriepr.com](mailto:linda@petriepr.com)

Singapore/SE Asia

Tania Joslin

[tania@petriepr.com](mailto:tania@petriepr.com)

Indonesia

Astri Darmayanti

[maya@petriepr.com](mailto:maya@petriepr.com)

China

Ivy Li

[ivy@petriepr.com](mailto:ivy@petriepr.com)