

紫雲軒
GREEN T. HOUSE



PAPP'S TEA

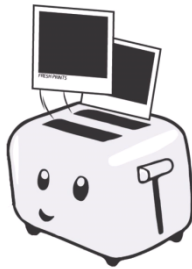


BEIJING HEALTH WEEK 2016



east

东隅 BEIJING



Zamani Collection
PERSIAN CLASSICS & HOME STYLING
宅仕艺术生活 | 波斯手工织物

Food by
Feast

UCYCLQ



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FIVE POINTS

MUMA · FRENCH 83

www.yogapart.com

WHAT IS HEALTH WEEK?

WE OWE IT TO OURSELVES TO TAKE AT LEAST ONE WEEK TO BE COMPLETELY DEDICATED TO OUR HEALTH.

HERE AT JBM, WE HAVE DECIDED TO START A MOVEMENT; ONE WEEK OUT OF EVERY SEASON WE ARE INTRODUCING "JBM HEALTH WEEK". THIS WILL BE A WEEK OF HEALTHY EATING, JUICING, AND EXERCISE; A TIME TO SOLELY FOCUS ON OUR MINDS, BODIES, AND SOULS. JBM IS JOINING FORCES WITH BEIJING'S TOP HEALTH LEADERS TO SHOW HOW WE CAN CREATE HEALTHY HABITS IN NEW AND EXCITING WAYS. LET'S ALL COME TOGETHER TO COMBINE OUR ENERGY FOR A POSITIVE CHANGE THAT WILL LAST US THROUGH THE SEASON AND INTO THE NEXT.

TOGETHER WE CAN MAKE THE RIGHT DECISIONS AND SUPPORT EACH OTHER TO A HEALTHIER LIFESTYLE.



JUICE & MEAL PLAN

Sign up for your health week meal plan by May 19th and get **15% off!** During this time JBM will give you the tools to detox and transform your body from the inside out. Experience the pure bliss your body and mind will feel while juicing & eating raw. It will feel so good you won't want to cheat! Weight Loss is 70% what you eat and 30% exercise!

By registering for a cleanse or meal plan you will get a health week goodie bag and enjoy 15% off at both JBM locations from May 22 - May 29th by showing your health week VIP card

Option 1: The Transformation

3 or 5 Day Juice Cleanse: Transformation Cleanse

871 RMB (3 day) / 1,530 RMB (5 day) -- Health Week Special!

This cleanse is made for green juice lovers and health nuts! Our most intense cleanse that digs DEEP inside the body to rid yourself of built up toxins that have been stored in the digestive system for years. This cleanse will yield the biggest results from weight loss to glowing skin. Transform your body from the inside out with this extremely powerful cleanse.



Option 2: DEOTX

3 or 5 day Raw Food Cleanse : DETOX

905 RMB (3 day) / 1,509 RMB (5 day) -- Health Week Special!

The DETOX cleanse helps remove toxins, lose weight, and improve mental clarity. The plan includes 4 Juices + 1 soup + 1 Salad



Option 3: Lighten Up

3 or 5 day Juice Package + Meal Plan : Lighten Up

523 RMB (3 day) / 871 RMB (5 day) -- Health Week Special!

This package was designed to supplement with healthy/raw meals while slimming down with our most detoxifying juices. Great for those who are looking to lose weight while still eating solid foods and for those that wish to continue juicing after the cleanse.



SUNDAY, MAY 22ND

SUNDAY! OPENING DAY WORKOUT with Tony Nicholson

Where: [Western Academy of Beijing \(WAB\)](#)

Time: 10:00 am – 11:30 am

Price: FREE!

Opening Day Workout will commence with China's leading health and wellness coach, Tony Nicholson. Tony will lead us in a motivational and powerful workout at the Western Academy of Beijing. Learn a high intensity workout that you can do at home or in the gym. This is a workout YOU WILL NOT WANT TO MISS! He will give you the tools to transform your body with his 8- minute workout and encouraging words. Come join JBM & China's top health and wellness icon for a morning of juice and sweat!



SUNDAY! LAUNCH PARTY

Where: [Juice by Melissa Shunyi](#)

Time: 1:00 – 3:00 PM

Price: FREE

Meet at JBM Shunyi for the official HEALTH WEEK LAUNCH PARTY; a great way for participants to gather for a fun, JBM-style introduction to the Juice Life. Participants will pick up their goodie bags and juice program while enjoying live music, healthy treats and of course lots of JUICE! Get your measurements done and weigh yourself so you can measure your progress throughout the health week.

Can't make it to Shunyi? Pick up your goodie bags and juice program at JBM Dongzhimen or have your cleanse delivered straight to your door! *** delivery fees apply



SUNDAY! Green T Spring T Tasting

Where: [Green T House](#)

Time: 3:00 PM – 5:00 PM

Price: 100 RMB

For your tasting pleasure, eight selected new season green teas from boutique growers around China. RSVP includes T. and T. snacks, elegant hats and cool sunglasses. Kids and puppies free of charge

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MONDAY, MAY 23RD

Monday: Run with Rob & Spin Class by GU!

Where: [JBM Dongzhimen](#) / [Gu Cycle](#)

Time: 8:00 AM (Run) 9:00 AM (Class)

Price: FREE RUN! Spin Class 128RMB

Meet at JBM Dongzhimen and run to the place for a 50 minutes "Party on a bike" session with GU Cycle! The exhilarating beat-based ride is suitable for all levels. Come and transform your body in this high-energy workout!



MONDAY! Heyrobics Session

Where: [British International School – Sanlitun](#)

Time: 7:45 PM

Price: FREE CLASS & JUICE SAMPLING by JBM



Today, HEYROBICS (or "Jympa") is the biggest non-competitive sport in Sweden with more than 6% of the Swedish population as members. In our version, we keep fit through what is a social, full-on (!) 1-hour workout performed by a single leader with easy-to-follow movements for the whole body. Our goal is to provide all-round physical experiences where you walk away with one big **SMILE!**



TUESDAY, MAY 24TH

Tuesday: Run with Rob Cunningham

Where: Meet at Houhai Lake (Shichahai Station/Exit A1)

Time: 8:00 -9:00 AM

Price: FREE

Tuesday : Yoga at Zamani with Theresa : Demystifying Yoga- Yamas and Niyamas

Where: Zamani (朝阳区幸福中路联宝公寓4号楼14D)

Time: 9:00 -11:30

Price: 100 RMB

Theresa, known as Taozi 桃子 (Peach) to her Chinese students, has been a playful yogini since 2005 and began teaching in Beijing in 2008. Upon arrival in China she began a 2 year YTT intensive with her guru Uton Laoshi, focusing on Ashtanga and energy meridians. She continues to study and teach yoga internationally. She has been featured on CCTV, Yoga Journal, and many of Beijing's local magazines. With over 1000hrs of YTT experience Theresa is always thrilled to share the depth of her practice with others. In every class you will find at the heart, prana, along with a balance between force and ease, a combination to help students find the divine that already resides within. Theresa's life philosophy is that "The seeds we water are the seeds that grow" -wherever we decide to put our energy, our thoughts, and our actions are the areas of our lives that will grow. Today, we can choose a path of yoga and watch the fruits of spirituality, health and lightheartedness flourish in our own lives- thus impacting our ability to positively be of service to others- the ultimate purpose of our being.



Tuesday: Kerastas Hair Scalp Treatment Session

Where: [Chaowai Soho](#)

When: 7:00 PM

Price: 280 RMB

The MUMA•FRENCH83er lives a holistic city lifestyle with a refined balance between work and play. Brilliant appearance is built on the importance of comfort and notable quality. Not just referring to our clothing collection designed by our New Zealand team, but also the whole styling and lifestyle vision which MUMA•FRENCH83 paints on. Enhancing each individual personality and ensuring all our clients look sharp from inside out for any occasion. MUMA•FRENCH83 together with Kerastas official hair specialist to present the Kerastas hair scalp treatment, tips on styling and how to have a beauty hairstyle in a healthy way. The session will limited to 12 people max

MUMA • FRENCH83

TUESDAY, MAY 24TH

Tuesday: Fit Foods by Melissa Lunch & Trunk Show with Clare Hynes Jewelry, Teeki Yoga Clothes & Yoganda ! @ JBM Dongzhimen

Where: [Juice by Melissa Dongzhimen](#)

Time: 11:45 AM

Price: 115 RMB

After the Yoga Class Head to JBM for a set lunch of 98 RMB and trunk show with Clare Hynes Jewelry, Teeki Yoga Clothes and Yoganda Bags! Our Menu is organic, vegan, gluten free, and delicious! The perfect combo to keep you on track for health week! Lunch includes 1 Juice or Smoothie, choice of salad, wrap or nutrition bowl and our healthy gluten free dessert!

Clare Hynes Jewelry: Clare Hynes was born and raised in the UK. She spent two years travelling South America, Australia and SE Asia, then lived in Ireland for several years before relocating to China. A graphic designer by profession, she had a successful career in magazine design working for various fashion magazines in London, Sydney and Dublin. It was during this time that she discovered her true passion for jewellery design. She began exploring her creative talent and over the years has developed and honed these skills, whilst continually evolving her designs. Clare Hynes Jewellery has featured in a variety of magazines and newspapers including amongst others UK Grazia, UK Marie-Claire, UK Company, the Irish Independent, Irish Tatler, German In-Style, German Donna, [China.org](#) as well as being worn by UK and Chinese celebrities and featuring in the American TV series 90210.

Teeki Yoga Clothes: The new summer line of Teeki Yoga apparel has hit Beijing! Come find your favorite style to keep you active and beautiful all summer long! Teeki apparel is made from 100% recycled plastic water bottles!

Yoga Bags by The Yoganda Project by Taozi Tree Yoga



THE YOGANDA PROJECT
BY TAOZI TREE YOGA

EMPOWERED WOMEN
MAKING THE WORLD'S BEST HANDMADE BAGS

3 REASONS TO TAKE THIS BAG HOME

- 1 You are supporting the empowered woman who made it, and her family.
- 2 Proceeds from each sale go towards the expansion of sustainable development projects in Uganda. [Find more people out of poverty @ Women Community Development Organization, www.wcdo.org](#)
- 3 There truly is no other bag like it.

WITH ITS OWN STORY.

[www.teekiyoga.com](#)
[info@teekiyoga.com](#)

100% RECYCLED PLASTIC WATER BOTTLES

TUESDAY, MAY 24TH

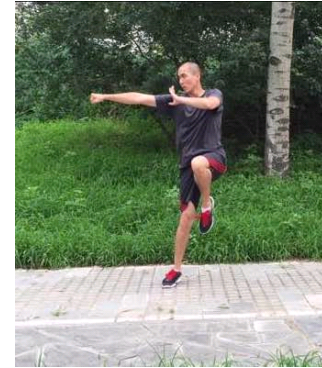
Tuesday: Self Defense 101 with Eddy Wang

Where: Ritan Park North Gate

Time: 6:30 PM

Price: FREE

Self-defense 101 by FIVE POINTS, an introduction to basic self-defense and conditioning. The main focus will be to gain training on fundamental strike moves, breaking out of basic holds, breathing exercises and body conditioning. "Never be an aggressor, nor a victim" -Eddy Wang



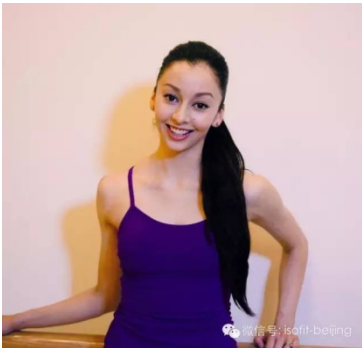
Tuesday: Barre Pilates With Amy

Where: [Isofit Pilates](#)

Time: 7:15 PM

Price: 100 RMB

Amy hails from the UK and trained intensively in dance at The Royal Ballet School and Central School of Ballet in London. She danced professionally with the Hong Kong Ballet for five years and continues to dance professionally as a freelance dancer. Amy began practicing Pilates at the age of 14 to complement her dance training and completed her Pilates teacher training in 2008 at Isofit Pilates Studio Hong Kong through Polestar Pilates. She is certified in Studio, Mat and Reformer and is now a Polestar Pilates mentor helping current students prepare for their exams. She has also completed GYROTONIC Level 1 and 'The Booty Barre' Barre Pilates training. Amy now teaches at Isofit Pilates Studio Beijing having previously taught at various locations including The Beijing Dance Academy where she introduced Pilates and The National Ballet of China



Tuesday: Reformer Pilates with Petra

Where: [Isofit Pilates](#)

Time: 7:15 PM

Price: 100 RMB

Petra likes to motivate her clients to develop for themselves a better understanding of their own body plus enjoying the enormous benefits improving posture, mobility, flexibility and strength brought on by Pilates. In addition to Pilates, Petra is also involved with Yoga. She is a certified Yoga instructor and has taught in several Yoga studios throughout Beijing. Petra says she is extremely happy to witness the changes Pilates brings to people and the confidence when they begin to feel stronger and very often will also be free of pain.



WEDNESDAY, MAY 25TH



Wednesday: Run with Rob Cunningham

Where: Meet at Forbidden City (Tiananmen East Station/Exit A)

Time: 8:00 -9:00 AM

Price: FREE

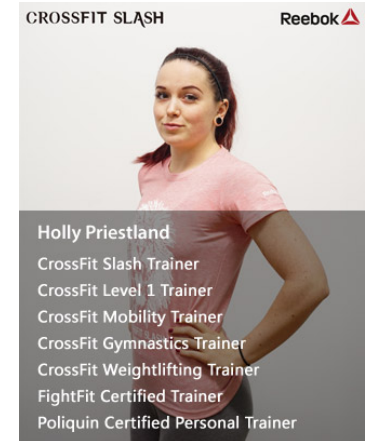
Wednesday: Foundation Course Crossfit with Holly Priestland

Where: [CrossFit Slash](#)

Time: 8:00 AM

Price: 100 RMB

The Foundations course is designed to set you up for success prior to entering our general classes. The movements we perform are demanding physically and take some time and practice in the beginning to learn how to execute them properly. You will learn what CrossFit is and why we think it is a great way to get you fit. The group size is no more than 10 people, which allows for a more personal and dedicated environment with other individuals like yourself. Come prepared to sweat a little; we will be throwing in a little workout every day. At the end of the program, you will be able to join our normal group classes confident in your ability to kick ass during the workout



Wednesday: DETOX Talk with Melissa Rodriguez

Where: [Juice by Melissa Dongzhimen](#)

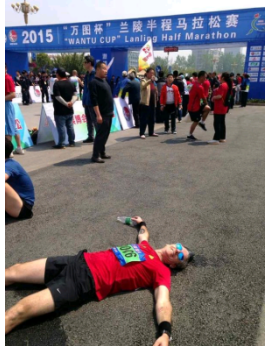
Time: 7:00 – 8:00 PM

Price: FREE

Health talk and discussion led by Naturopathic Physician Dr. Melissa Rodriguez from Beijing United Family Hospital and Clinics Modern day living comes with many advantages and some downsides as well. Come learn about the amazing things your body does to detoxify, to keep you healthy and safe. Learn the basics about the detoxification process, and what you can do to optimize your body's natural ability to purify itself. Dr. Rodriguez is passionate about health and wellness, and enjoys sharing this passion with others. She truly cares for her patients, supporting them in their journey towards optimal health using natural treatments and therapies.



THURSDAY, MAY 26TH



Thursday: Run with Rob Cunningham

Where: Meet at Parkside-Lido

Time: 8:00-9:00 AM

Price: FREE

Thursday : Yoga at Zamani with Theresa /Are you Fire, Earth or Air?

Where: Zamani (朝阳区幸福中路联宝公寓4号楼14D)

Time: 9:00 -11:30 AM

Price: 100 RMB

Theresa, known as Taozi 桃子 (Peach) to her Chinese students, has been a playful yogini since 2005 and began teaching in Beijing in 2008. Upon arrival in China she began a 2 year YTT intensive with her guru Uton Laoshi, focusing on Ashtanga and energy meridians. She continues to study and teach yoga internationally. She has been featured on CCTV, Yoga Journal, and many of Beijing's local magazines. With over 1000hrs of YTT experience Theresa is always thrilled to share the depth of her practice with others. In every class you will find at the heart, prana, along with a balance between force and ease, a combination to help students find the divine that already resides within. Theresa's life philosophy is that "The seeds we water are the seeds that grow" -wherever we decide to put our energy, our thoughts, and our actions are the areas of our lives that will grow. Today, we can choose a path of yoga and watch the fruits of spirituality, health and lightheartedness flourish in our own lives- thus impacting our ability to positively be of service to others- the ultimate purpose of our being



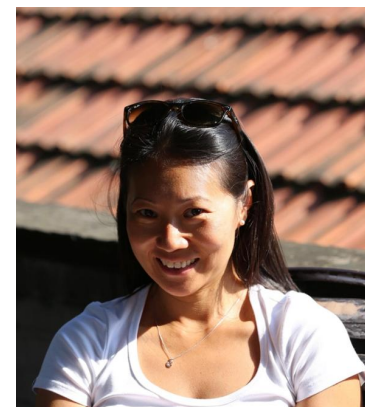
Thursday: Yoga Class by Gwen @ BSB Shunyi

Where: [British International School – JBM Shunyi](#)

Time: 5:15 PM – 6:30 PM

Price: 100 RMB

Gwen focuses on movement using the breath as a tool to connect the body and mind. Her teaching focuses on biomechanics of the body to achieve balance between strength and flexibility. The breath is everything in life - Prana or Life Force provides strength and endurance but also healing and relaxation. Gwen has been practicing for 20 years, teaching for 6. Yoga keeps Gwen focused, calm and balance - for that, she wants to be able to share the beautiful practice to all she knows.



THURSDAY, MAY 26TH

Thursday: Set Dinner @ JBM Shunyi and trunk show with Clare Hynes Jewelry, Teeki Yoga Sets, and Yoganada Yoga Bags by Taozi Tree Yoga

Where: [British International School – JBM Shunyi](#)

Time: 7:15 – 8:30 PM

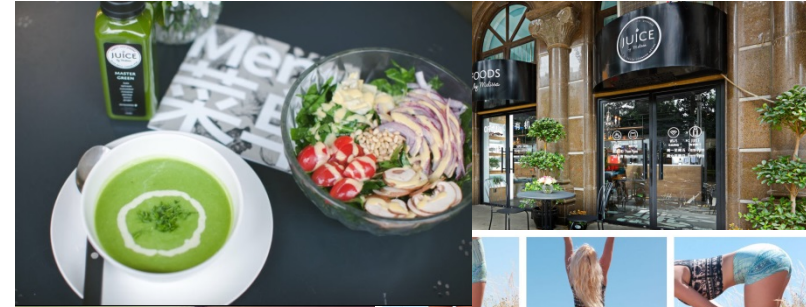
Price: 115 RMB

After the Yoga Class Head to JBM for a set lunch of 98 RMB and trunk show with Clare Hynes Jewelry, Teeki Yoga Clothes and Yoganada Bags! Our Menu is organic, vegan, gluten free, and delicious! The perfect combo to keep you on track for health week! Lunch includes 1 Juice or Smoothie, choice of salad, wrap or nutrition bowl and our healthy gluten free dessert!

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Yoga Bags by The Yoganada Project by Taozi Tree Yoga



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www.taoziree yoga.com

TAOZI TREE YOGA

A BAG WITH ITS OWN STORY.

THURSDAY, MAY 26TH

Thursday: DIY Tea Class with Martin Papp of Papp's Tea

Where: [Papp's Tea @ Sanlitun Soho](#)

Time: 7:00 PM

Price: 129 RMB

PAPP'S TEA was founded by tea enthusiast and musician Martin Papp. Over the past 10 years Martin has traveled and met with local growers all over Asia, ultimately building a fun tea community in Beijing and creating one of the most progressive tea services in China.

DIY Tea Workshop: Have you ever created your own tea blend? Come to PAPP'S TEA LAB and take the first adventure with tea! We have teas and herbs from more than 45 countries to help you make the tea that fits you best. You can make your own blend according to your body type, flavor preference, or even your work habits. Don't know where to start? Have no fear, we have an experienced tea expert to help you along the way and design your custom-made blend step by step, and the best part is it belongs to you and to you only!



Juice by Melissa Health Week Specials!

DIY TEA BLENDING CLASS

May 26th - 7 PM at PAPP'S Tea Lab

Event special price 129 RMB (regular price 195 RMB)

Only 10 seats available!

Please click on provided link in the group chat
for reservations and more details

JUICE by Melissa

PAPP'S茶研发室 TEA LAB

三里屯SOHO 5号商场B1-529
B1-529, Building 5, Sanlitun SOHO

www.pappstea.com

FRIDAY, MAY 27TH

Friday: Run with Rob Cunningham

**Where: Meet at Running Station @ Chaoyang Park
(1 South NongZhan Street, Chaoyang Park, East Gate 5)**

Time: 8:00 - 9:00 AM

Price: FREE

来跑吧
WWW.LAIPROB.COM

Friday: NIA

Where: [East Lake Villas](#)

Time: 10:00 AM

Price: 100 RMB

Nia is a sensory-based movement practice that draws upon elements of the martial arts, dance arts and healing arts. It empowers people of all ages, fitness levels and abilities to take control of their own holistic fitness by connecting the body, mind, emotions and spirit. Classes are taken barefoot to diverse and soul-stirring music, teaching people how to get fit without pain and use movement to condition and heal the body.



Join us!
Classes at Dongzhimen, Jiuxianqiao and Lane Bridge
For full schedule and locations visit www.niachina.com

Friday : King PIN Bowling Night

Where: Beijing Donghuan Bowling Alley (东城区 东中街9号东环广场A座B1楼)

Time: 7:00 PM

Price: 129 RMB

Participants will gather their team for a night of bowling! Grab your tube socks and hit the lanes!



SATURDAY, MAY 28TH

Saturday: intro to 'Fight Fusion bootcamp training'

Where: [Chaowai Soho](#)

Time: 8:00 AM

Price: 100 RMB

Fight Fusion began in China as “Fight Camp”, which grew over the course of 3 years into an amazing community of like-minded fitness lovers in Beijing. In 2016, we began a re-brand and expansion as Fight Fusion! The new name reflects our on-going commitment to provide the best Martial Arts style boot camp training in China, while introducing some significant and exciting new developments to our infamous programs.



Saturday: Detox Yoga by Melissa & Vegan Lunch at Green T House

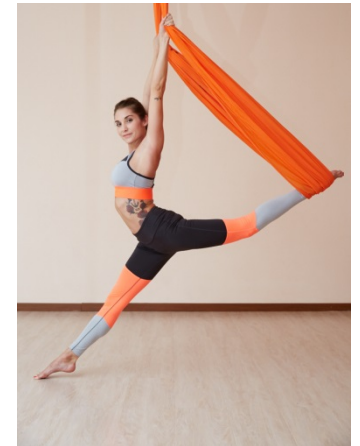
Where: [The Green T House](#)

Time: 11:00 AM

Price: Free Yoga Class – 288 RMB for 4 course lunch & Tea

Join Melissa and Green Tea house for an afternoon of detox yoga followed by a beautiful vegan lunch. Detox your body through twists and an invigorating flow to flush out those toxins and shred fat. Green T House will provide a vegan lunch at their beautiful restaurant. Invite your friends and meet new ones for a day of yoga and delicious vegan food in an absolutely breathtaking setting.

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SATURDAY, MAY 28TH

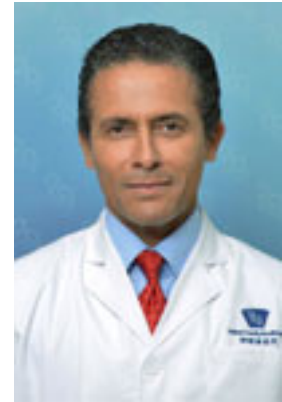
Saturday: Master Class with Dr. Cauver Osteopath Beijing United Hospital

Where: [Beijing United Family Hospital – Lido](#)

Time: 5:00 – 7:00 PM

Price: Free

Your daily posture, Your spine "as a tree of life", How to prevent Back Pain , Presentation + Postural Stretching
Dr. Jeff Cauver received his medical degree in France from ESO-Paris-University and obtained National Residency Completion in 1996. After preparation and defense of graduate thesis in 1998, he completed his Doctor of Osteopathic Medicine and began individual practice. For 10 years, Dr. Cauver has been fully involved in initial osteopathy curriculum, first as a lecturer in anatomy and OMT and later as a training director. Before joining Beijing United Family Hospital and Clinics, Dr. Cauver worked at an orthopedic clinic in Paris as the head of their osteopathic department, collaborating with a team of orthopedic surgeons. He then came to Beijing to serve in the physical therapy departments of various international medical establishments as an expert in spine and musculoskeletal issues. With over 15 years of extensive clinical experience, Dr. Cauver specializes in the diagnosis and treatment of musculoskeletal issues, back pain and neural-referred pain (lumbago, disc herniated inflammatory pain, sciatica, cruralgia, cervico-brachial neural pain), functional disorders in organs, sports injuries and conservative treatment, women's healthcare during and after pregnancy, newborn functional issues after mechanical delivery, congenital torticoli, and functional plagiocephaly. Dr. Cauver is board certified by the national French health board (ARS). He is also registered by the French Registry of Osteopathy (ROF), an osteopathy regulatory body with the highest standards of competency and safety.



Saturday: Staycation @East Hotel / East/Urban View Room

Where: [East Hotel](#)

Time: Check in at 2:00 PM

Price: 980+15% service charge

During Beijing Health Week we're offering participants a special promotional rate of RMB980+15% service charge for bookings for May 28th. Enjoy your Staycation at EAST and join us for a day of fitness activities on the EAST, Beijing hotel grounds the following day to celebrate the last day of Beijing Health Week.

For booking, please send all inquiries to reservations@east-beijing.com.



SUNDAY, MAY 29TH

Health Week Wrap Up Party @ [EAST Beijing Hotel](#) (9:30 am – 9:00 PM)

You did it! Congratulations to all health week participants for dedicating 1 week to health & fitness! Join all health week participants for a full day of fitness activities and healthy food at East Hotel! Let's celebrate together the wrap up of the first ever BEIJING HEALTH WEEK!

9:30 AM	Meet at East Hotel outside of Xian for a meditation and warm up with Theresa from Taozi Tree Yoga
10:00-11:00 AM	3k Run around Lido led by Rob Cunningham
11:00-11:45 AM	Yoga by Yoga Yard's Founder – Robyn Wexler Robyn is the Director and Co-Founder of Yoga Yard. She began her study and practice of yoga in 1996, and started teaching in 1998. Robyn's classes invite students to strengthen their ability for self care, accessed through experiencing and learning about one's own body, breath and awareness. Her yoga classes integrate dynamic movements (balancing strength and flexibility), with practices that offer time for stillness and quiet. Robyn aims to hold a space that encourages students to develop greater self awareness and self-trust, while bringing ease and a smile into the practice.
12:00-1:00 PM	Vegan & Paleo Lunch Provided by East Hotel (Vegan Option: 58 RMB Paleo Option: 68 RMB)
1:00-1:30 PM	CROSSFIT by CROSSFIT SLASH Founder Tim Hill Get ready for a 30 minute intensive Crossfit Session with Beijing's top Crossfit Coach Tim Hill! You can expect to do plenty of burpees, push ups and squats for a full body work out!
1:30-2:00 PM	Build your Core with Pilates Mat Class by Lili Schloss founder of Isofit Lili is the founder of Isofit Pilates Studio Beijing. She has been involved in Pilates in both China and Hong Kong since 1998. In the last 4 years , Lili has been very involved in Polestar Pilates Education in China. As an educator Lili is determined to work hard to bring Pilates to a higher level in China. Lili desires to share her knowledge with those who need to improve their posture, increase their awareness, a more toned and healthy body, preventing injuries. Lili believes if you honor the spiritual and scientific basis of the Pilates techniques and give over all your concentration and incorporate the fluidity of movement, you will possess all the keys to bringing "Quality" to the Pilates method and experience the profound benefits Pilates offers.
2:00 – 2:30 PM	Yoga Cool Down with Gwen
3:00-6:00 PM	FREE TIME Late check out available to shower and get ready. East gym showers will be available for people not staying at the hotel/ 200 RMB charge to use Pool and Jacuzzi / Shop @ Indigo Mall
6:00-9:00 PM	Dinner with Rob Cunningham @ EAST VEGAN & PALEO OPTIONS (220 RMB)

SUNDAY, MAY 29TH

Sunday: Vegan & Paleo Dinner @ Feast @ East by Rob Cunningham

Where: [EAST Beijing](#)

Time: 6:00 PM- 7:00 PM: Canapes // 7:00 PM- 9:00 PM : Dinner

Price: 220 RMB

Chef Robert Cunningham grew up on a small farm in the country side of Australia. The farm raised pig, sheep, cattle, chickens, ducks, and geese. There were fresh produce all around him so it was no wonder that his interest in culinary arts was first sparked while living on the farm.

He officially began his culinary career at the age of 16 and during the past 27 years he has been blessed to have been able to work all around the world. In Australia he worked in the top restaurants in both Sydney and Melbourne which opened doors for him to work in London as the Chef de Patie at Chez Nico and Vong and Europe. Chef Rob first got a taste of Asia when he worked in Hakuba Japan. This position eventually led him to his new home here in Beijing.

Having lived in Beijing for five years, Chef Rob looks forward to helping East grow. EAST, Beijing is different from other hotels. The restaurants are fun and exciting. Working at a hotel that encourages creativity and individuality gives the Chef the tools to create his masterpieces.



BIG THANK YOU TO OUR PARTNERS!

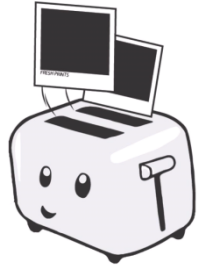
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Nia
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PAPP'S
TEA



OU CYCLO

东隅 BEIJING



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