

The Orchid Hotel, Mumbai Celebrates International Yoga Day with a Rejuvenating Corporate Session in Association with Asan Yoga

In celebration of International Yoga Day 2025, The Orchid Hotel, Mumbai hosted a serene and empowering yoga session exclusively for its associates, in collaboration with Asan Yoga. The initiative was thoughtfully designed to cultivate mindfulness, inner balance, and physical well-being, reinforcing the hotel's commitment to holistic wellness for its people.

Held within the tranquil premises of the hotel, the session brought together members of the Orchid family for a rejuvenating hour of guided movement and breathwork. The focus was on fostering a stronger connection between mind and body, encouraging participants to pause, realign, and recharge amidst their busy routines.

“Our people are the foundation of everything we do. Offering them opportunities to take care of their mental and physical health is key to building a more conscious and compassionate workplace,”

— Spokesperson, The Orchid Hotel, Mumbai

As one of India's leading eco-friendly hotels, The Orchid has long been a champion of sustainability and wellness — not just for its guests, but for its team. Initiatives like these go beyond observance; they are integral to the hotel's culture of care and conscious living.