



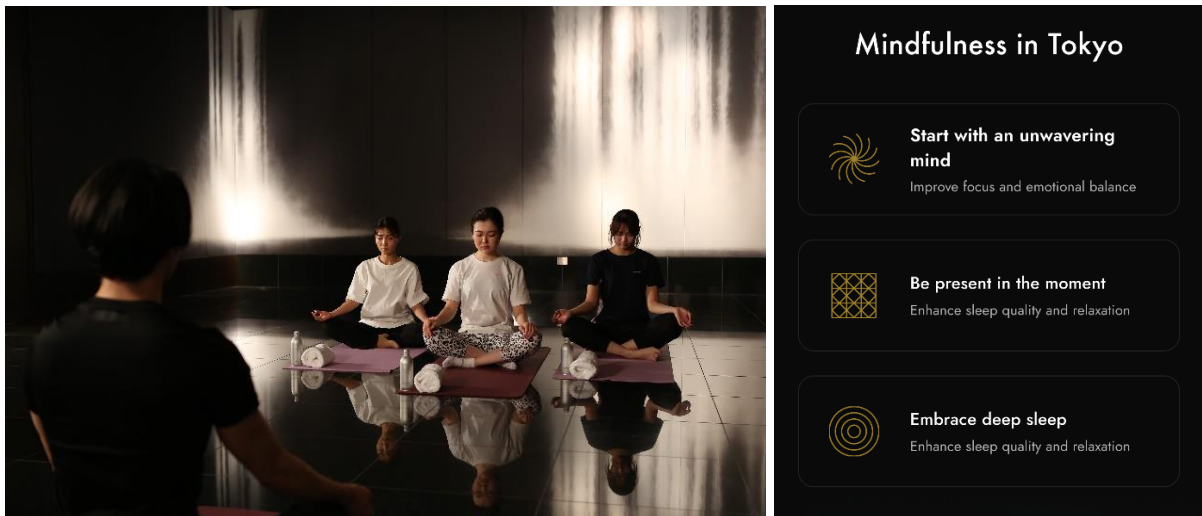
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**FOR IMMEDIATE RELEASE**

**GRAND HYATT TOKYO RELEASES EXCLUSIVE MINDFULNESS APP**

*The Mindfulness in Tokyo app allows hotel guests to achieve peace of mind throughout their stay in Tokyo.*



*Grand Hyatt Tokyo also offers a morning meditation program in our sublime “Waterfall” art space.*

**TOKYO, JAPAN (January 2025)** – Grand Hyatt Tokyo has created an original meditation app, Mindfulness in Tokyo, to assist hotel guests with their wellness goals throughout their stay in Tokyo. Created in partnership with K.K. Upmind for launch on February 1, the app includes exclusive content prepared by mindfulness experts and will also be used in a new morning stretch and meditation program throughout February and March.

In response to the global boom in wellness tourism, the Mindfulness in Tokyo app was designed to give Grand Hyatt Tokyo’s guests access to restorative wellness experiences throughout every moment of their stay. Available in English and Japanese, guests can download the app onto their phone, where its simple, Zen-inspired design offers a moment of stillness. Guests can explore a selection of exclusive meditations for the morning, afternoon and evening, cultivating peace of mind and awareness of the present moment as they explore Tokyo.

Grand Hyatt Tokyo will also offer a special morning stretch and meditation program to be held once a week through February and March in one of the hotel’s immersive art spaces. This unique wellness program will be held in the foyer of our Shinto shrine, surrounded by Japanese artist Hiroshi Senju’s sublime “Waterfall,” whose images of cascading water combine dynamism and stillness for a transcendental experience. During the session, our expert trainers will lead participants in a series of morning stretches before a meditation from the Mindfulness in Tokyo app.

This unique wellness offering is available to both hotel guests and Nagomi Spa and Fitness members as a restorative way to start the day.

The Mindfulness in Tokyo app was created in collaboration with K.K. Upmind, whose Upmind mindfulness app has more than 1 million downloads. As part of this partnership, all employees of Grand Hyatt Tokyo's managing company, Mori Hospitality Corporation, will also receive free access to Upmind from April 1. During a trial period at Grand Hyatt Tokyo in November 2024, hotel staff who used Upmind for a month were found to have decreased fatigue by 15.7%, decreased stress by 16.4% and improved sleep quality by 28%, while also increasing their sleep time by an average of 20 minutes. Access to the Upmind app will offer Mori Hospitality Corporation employees tangible physical and mental health benefits, while continuing the company's award-winning approach to building a healthy work culture.

### **Mindfulness in Tokyo**

This original meditation app was created exclusively for Grand Hyatt Tokyo by K.K. Upmind. Overnight hotel guests can download the app onto their phone and enjoy exclusive meditation experiences throughout their stay. With morning, afternoon and evening sessions created by mindfulness specialists, the app will help Grand Hyatt Tokyo guests to experience Japan to the fullest.

**Release Date:** February 1, 2025 \*subject to change

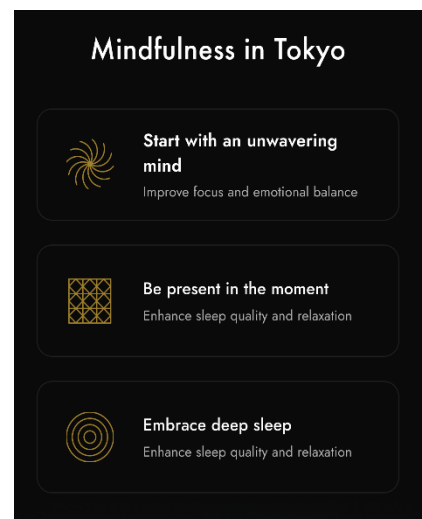
**Audience:** All overnight guests at Grand Hyatt Tokyo

#### **Programs:**

Start with an unwavering mind: a program to improve focus and emotional balance

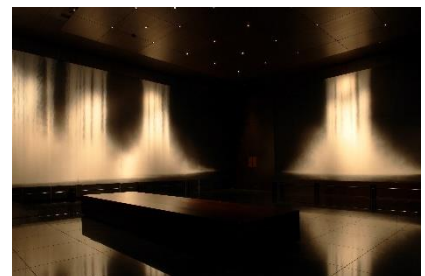
Be present in the moment: a program to cultivate awareness and relaxation

Embrace deep sleep: a program to enhance sleep quality and relaxation



### **Morning Stretch Program**

Grand Hyatt Tokyo's overnight guests and members of Nagomi Spa and Fitness are welcome to join this special wellness program and begin their day with a moment of restoration. The program is hosted in a serene space that showcases the immersive Waterfall artwork by Hiroshi Senju. During the program, a Nagomi Spa and Fitness trainer will lead participants in a series of stretches, before a meditation from the Mindfulness in Tokyo app helps guests begin the day with a refreshed body and mind.



**Date and Time:** 10:00 AM, Tuesdays during February and March (excluding February 11)

**Location:** "Waterfall", Banquet 3<sup>rd</sup> floor, Grand Hyatt Tokyo

**Participants:** Overnight guests at Grand Hyatt Tokyo, Nagomi Spa and Fitness members (Welcoming about 10 participants per session.)

**Duration:** 30 minutes

## **Contents:**

### **Morning Stretch (15 mins)**

This original program by Nagomi Spa and Fitness trainers improves blood flow and revitalizes the body for the day ahead.

### **Meditation (5 mins)**

Mindfulness content from the hotel's original app helps participants to heighten their awareness of the present moment and calm their mind ready for the day in Tokyo.

※ For the latest information, please visit our website at: <https://www.tokyo.grand.hyatt.co.jp/>

※ Programs may change without prior notice; please contact Marketing Communications before your article goes to print.

※ All photos are images; final products or services may differ.

## **About Upmind**

Upmind, based in Tokyo, offers mindfulness services for both individuals and organizations driven by the vision of "enriching people's lives through mindfulness." With a mission to help individuals unlock their full potential and enhance their overall well-being, we developed Japan's most downloaded mindfulness app (over 1 million users) and offer tailored mindfulness services for esteemed partners like Tokyo Tatemono, Grand Hyatt Tokyo. At Upmind, we are committed to promoting mindfulness as a science-backed, transformative health habit. For more information, please contact us at: [contact@upmind.co.jp](mailto:contact@upmind.co.jp).



## **About Grand Hyatt Tokyo**

Located in the heart of Roppongi Hills, Grand Hyatt Tokyo is a dynamic lifestyle destination hotel ideal for dining, entertaining and relaxing. A total of 387 uniquely designed guestrooms and suites feature a selection of natural woods and fabrics to create the ideal residential ambience. Ten unique restaurants and bars focus on culinary authenticity, design originality, quality and service, while 16 event facilities spanning 2,800 square meters (30,139 square feet) of space feature advanced technology and are overseen by a dedicated team of planning specialists. Nagomi Spa and Fitness provides hotel guests and private members with a serene facility for fitness and relaxation. For more information, please visit [tokyo.grand.hyatt.com](http://tokyo.grand.hyatt.com).

## **About Grand Hyatt**

Around the world, Grand Hyatt hotels bring travel dreams to life by celebrating the iconic in small details and magnificent moments. Located at the crossroads of local culture and global business within major gateway cities and resort destinations, each Grand Hyatt hotel is uniquely designed to be a captivating destination within a destination. Grand Hyatt hotels deliver welcoming and elevated service, first-class accommodations and an abundance of options within a multicultural backdrop of dramatic architecture and bold and vibrant design. Grand Hyatt hotels boast inventive restaurants, luxury spas, fitness centers, and business and meeting facilities. For additional information or to make a reservation, please visit [grandhyatt.com](http://grandhyatt.com). Follow @GrandHyatt on [Facebook](#) and [Instagram](#), and tag photos with #GrandHyatt.