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### MINDFULNESS IN A BOX – FROM MOHONK MOUNTAIN HOUSE

**NEW PALTZ, NY** – What if everything you needed to bring Mindfulness into your life was delivered to you in a box—an exquisite treasure trove of gifts offering an invitation to relax, renew, and center within—mindfully, of course?

Dr. Nina Smiley has created *just that*: **Moments of Mindfulness in a Box**, a unique holiday gift or the perfect way to embrace the life-changing benefits of mindfulness throughout the year.

Mindfulness expert Dr. Nina Smiley guides recipients through experiences using a carefully-crafted set of cards tied to each of the box's 10 items. From savoring the scent of a eucalyptus and lavender sachet and nurturing connections through handwritten notes (stamps, pens, and stationery included!)—the elements of this remarkable gift teach the power of being fully present in each moment. Packaged together with a beautiful peacock theme, this unique gift will delight recipients as it brings the immediate benefits of mindfulness into daily life.

Moments of Mindfulness in a Box is priced at \$98 per box and is available for purchase online at [www.MohonkGiftShops.com](http://www.MohonkGiftShops.com). Full gift details, a sample photo, and Dr. Smiley's bio are below.



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### **Moments of Mindfulness in a Box Highlights:**

- A Keepsake Box - Store photos, mementos, and touchstones to bring you back to a Mindful Moment.
- Guided Instructions - Learn how to use each item in the box to create a Mindful Moment.
- *The Three Minute Meditator™* book co-authored by Dr. Nina Smiley - Invites you to learn about mindfulness meditation without dogma, drama, or delay.
- Pen, stationery, and stamps – Mindfully connect with someone you care about via beautiful, thoughtful notes.
- Harney & Sons Chamomile Tea – Find an oasis of calm in a busy day – be aware of each step, from heating the water to steeping the tea.
- Touchstone – Carry this keepsake reminder to center within and fully experience each moment.
- Journal – Keeping a journal is an opportunity to understand life’s moments, minutes, and patterns.
- Sonoma Eucalyptus Sachet– Realize how being present with everyday moments can be profound.
- Yala® Silk Eye Mask – Breathe slowly, fully, deeply, and as you clear your mind and begin to relax and to sleep.
- Pillow Poems™ – An opportunity to pause for a moment to enjoy a delightful insight.
- Emerald SoapRock® – Enjoy the beauty of this soap rock ... Mindfulness is everywhere if we invite it to be!

**About Dr. Nina Smiley:** After graduate school at Princeton University—Nina’s life changed when she discovered mindfulness meditation. Co-author of *The Three Minute Meditator*, Nina’s work has been seen in *O, The Oprah magazine, Shape, Real Simple, and Marie Claire*. In her work as Director of Mindfulness Programs at Mohonk Mountain House ([www.mindfulnessatmohonk.com](http://www.mindfulnessatmohonk.com)) a historic Victorian castle resort only 90 miles north of New York City, Nina leads programs and teaches private classes on how to use mindfulness in “real-life,” including weight loss, wellness, relationships, and more.

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## **About Mohonk Mountain House**

Mohonk Mountain House is a National Historic Landmark resort and Historic Hotel of America located in New York's Hudson Valley, just 90 miles north of New York City. Owned and operated by the Smiley Family since its founding in 1869, the resort has provided guests with recreation and renewal of body, mind, and spirit in a beautiful natural setting for 148 years. The Victorian Castle resort is honored on *Condé Nast Traveler's* Gold List, along with being named the Number One Resort Spa in the U.S. in *Condé Nast Traveler's* Readers' Choice Awards. *Travel + Leisure's* 2015 World's Best Awards highlighted the historic property as a Top 100 Hotel in the World, Best U.S. Resort and Best for Family Travel. The 30,000-square-foot Spa wing at Mohonk Mountain House, features 16 treatment rooms, a solarium, an outdoor heated mineral pool, an indoor heated pool, comprehensive fitness center, and yoga/motion studio. The eco-friendly Spa, recognized as "One of the Top Three Hotel Spas" in *Travel + Leisure's* World's Best Awards, is heated and cooled by a geo-thermal system and features a "green roof." A wealth of year-round recreation includes a spectacular Skating Pavilion, rock climbing, and 85 miles of trails for seasonal hiking, mountain biking, snowshoeing, and cross-country skiing. The grounds feature exquisite gardens, a nine-hole golf course, tennis courts, and stables for horseback riding and horse-drawn carriage rides. The glacial- formed Lake Mohonk is ideal for boating, fishing, and swimming. The Mohonk Kids' Club is lauded by *Travel + Leisure* as one of the Best Hotel Kids' Programs nationally and has been recognized by *USA Today* as one of the Ten Best Family Resorts. Over 40 theme programs are presented annually, including culinary classes, gardening workshops, music festivals, mindfulness meditation, and nature programs. Overnight rates at Mohonk Mountain House include charming accommodations, three meals, Afternoon Tea and Cookies, and most resort activities. For additional information, please call 855.274.4020 or visit [Mohonk.com](http://Mohonk.com). Become a Facebook fan at [Facebook.com/mohonk](https://www.facebook.com/mohonk).

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