



*The*  
**NEWSLETTER**  
TURYAA CHENNAI

**SEASONAL  
GREETINGS**

"Hope smiles from the threshold of the year to come, whispering, 'It will be happier.'  
--ALFRED LORD TENNYSON

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CHENNAI  
WHERE LIFE HAPPENS

LIFESTYLE  
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HOTELS & RESORTS

# TIME TO CELEBRATE

GIFT HAMPERS

NEW YEAR PARTY

DINNER/LUNCH SUGGESTION

Dear Guest,

With the year drawing to a close, it is that time of the year for the walls to be adorned in red and green, for the jingle bells to ring and the radio to play your favorite carols! It is that time of the year to share happiness, reflect on a year gone by and gear up for another roller-coaster ahead!

Have a look at this special festive edition of our newsletter for the month of December and plan a month of celebration and fun!

From our family to yours, we wish you the very best of the season!

Merry reading!

Yours truly,  
Arun Raj D. (General Manager)



## CHRISTMAS WONDERS AT TURYAA



Goodie Baskets

Christmas is coming and so is the increasing excitement of pleasing your loved ones. This Christmas, gift your friends, family or colleagues with Turyaa Chennai's Christmas Goodie Baskets. Contact +91 7338923213 or reach out at [info.chennai@turyaahotels.com](mailto:info.chennai@turyaahotels.com)



Christmas Meal

Enjoy a festive feast this Christmas as we offer you private group bookings for buffet lunch or dinner! For more intimate and private reservations, our restaurants are bound to create that perfect atmosphere!



New Year Party

Herald in the New Year with a fantastic start at Turyaa Chennai as we prepare to pull out all the stops to make it a night to remember!



# MONTHLY MIX

MOVIES

TIPS

ACTIVITIES



## 'Tis the season!

Christmas time,  
Mistletoe and wine!!  
Children singing Christian rhymes!!

Yes, you read that right!

Christmas that's celebrated on 25th December every year, is a time to renewing faith and sharing a merry laugh with those closest to your heart. Christmas is all about the spirit that fills our houses with joy and abundance.

And, don't forget someone is making a list and checking it twice!



## Tips for dealing with Anxiety

### Physical:

- Deep breathing
- Exercise
- Contact with water
- Singing
- Wear bright colors
- Stay in good health

### Mental:

- Focus on the positive
- Watch, Read or Listen to Comedy
- Read uplifting inspirational material
- Laugh
- Get Creative
- Absorb moonlight or sunlight

### Spiritual:

- Surround yourself with white light
- Project white light around difficult situation/people
- Receive healing vibrations
- Give or send healing/loving thoughts to others



## Hollywood



Jumanji: The Next Level  
Releasing on 13th December  
2019

## Bollywood



Mardaani 2  
Releasing on 13th December  
2019

## Kollywood



Thambi  
Releasing on 20th December  
2019



# CITY BUZZ

FIND WHAT'S HAPPENING AROUND THE CITY!



## New Year Party

The new year is a day that contains a lot of mixed feelings among many people. While, it is a time to celebrate the end of the year gone by and welcome what is in store in the New Year, many experience a sense of nostalgia as they reflect on the events that took place in their lives in the past 12 months.

For whatever the reason you may choose to celebrate, Turyaa Chennai holds something out the box for you! From celebrity appearance at the celebration to amazing visuals and DJs, Turyaa Chennai presents to you "New Year 2020".

**Don't miss out on purchasing your tickets!**



## Human Rights Day

Human Rights Day is observed every year on 10 December – the day on which the United Nations General Assembly adopted, in 1948, the Universal Declaration of Human Rights.

The Universal Declaration of Human Rights empowers us all. The principles enshrined in the Declaration are as relevant today as they were in 1948. We need to stand up for our rights and those of others. We can take action in our own daily lives, to uphold the rights that protect us all and thereby promote the kinship of all human beings. In December 1948, UNESCO was the first United Nations agency to place the Universal Declaration at the heart of all its action, to promote it across the world through education and the media.



## MWC Marathon 2019

Inviting you to RUN with your DAUGHTERS on 8 December, Sun 5.30 am at Mahindra World City.

Run Categories : ₹700 : 21 Km, 10 Km  
₹500 : 5 Km, 3 Km, 1 Km ~ Fun Run with Daughters

1. Includes T-Shirt, Medal, Certificate & Breakfast
2. RFID only for 21 & 10 Km Runners

Call Edward ~ 97909 68326 (Run Experience Coordinator)

[MWCmarathon.com](http://MWCmarathon.com)

