

# The NEWSLETTER

February 2020, Issue 11

"When there is  
great love, there  
are always  
miracles"

--WILLA  
CATHER



# TURYAA CHENNAI

## Monthly Offers



### VALENTINE'S DAY:

Love is in the air!

Plan a special intimate evening with your loved one for Valentine's Day. Reserve a table for a beautifully arranged candlelit dinner for two at Turyaa Chennai to indulge in delicious cuisine while you enjoy the breath-taking view from the rooftop. Stay tuned on our official Facebook and Instagram pages for daily love encounters throughout the month!

**FB:**

<https://www.facebook.com/TuryaaChennai/>

**Insta:**

<https://www.instagram.com/TuryaaChennai/>

For more info contact at +91 7338923213



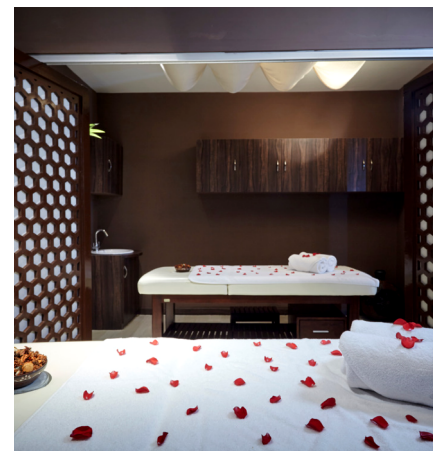
### EXPLORE THE WEEKENDS:

It's never too late to take a break from the stress of your routine!

Enjoy a short break away from the bustle of the city at Turyaa Chennai as we offer you only the best.

Enjoy our exclusive package of ₹ 5,555 nett (double occupancy) that offers you a comfortable room, breakfast, buffet dinner, late check-out, WiFi and much more.

For reservations contact @ +91 44 66970000 NOW!



### EASE THE BODY AND MIND:

Refreshing yourself once in a while helps you to become more creative and productive.

Pamper yourself with a relaxing spa treatment at AAYU Spa as you relieve your stress and rejuvenate your mind, body and soul.

At AAYU Spa, try the different treatments for a healthy life. It's one of the biggest secrets that most of them should know.

To know more on the info of the treatments, contact @ +91 44 66970000

## A MESSAGE FROM THE GENERAL MANAGER

Arun Raj D. (General Manager)

Welcome to the month of love! What an outstanding month to have the least number of days. Well, this time we experience the 'leap year' as February 2020 carries 29 days after four long years. Find out more as you read the next few pages of this newsletter.

This leads me to introduce to you our February month's Newsletter- Issue 11.

Explore what holds for this month. You are sure to find something interesting, entertaining or even mind-blowing.

We seek your kind feedback as we wish upon improving every initiative we take to serve you.

Hope you enjoy your read...!



# MONTHLY MIX



## VALENTINE'S DAY

Valentine's day falls on the 14th of February. The city can be seen all dressed in red as this romantic colour ruling over everyone's hearts. Some question "will you be my Valentine?", some still seek true love, some cherish the love of their family and friends while some dwell in the beautiful memories of their memorable ones. There are truly a million ways to express love, however most express

this using a greeting card, chocolate, flower or a beautiful dinner date. Valentine's Day was evolved from a tradition celebrated by the ancient Romans, where they held a feast of Lupercalia which was a spring festival. This tradition was celebrated on the 15th of February each year. This holiday was later moved to 14th of February by the Christians, who named it Valentine's Day.

Today, the day stands to represent romance.



Birds of Prey  
Releasing on 7th February 2020



Shubh Mangal Zyada Saavdhan  
Releasing on 21st February 2020



Mafia: Chapter 1  
Releasing on 21st February 2020

## Useful Health Tips:

Although many are aware of the benefits of drinking green tea, much do not realize the vital role it plays to protect one from many diseases.

- The compounds that consists in a usual green tea helps to stimulate your functional capacity and thus improve your day to day productivity.
- It is mostly beneficial for older individuals as it boosts your energy and improves your physical performance.
- It eliminates bacteria and improves your dental health.
- Green tea is a strong antioxidant that helps protect oneself from diseases such as cancer and heart disease.
- It is beneficial for diabetes patients and lowers the risk of Cardiovascular disease.
- Last, but not least...its helps you live longer!

**"It is also is a magnificent source of strong antioxidant presence within itself which clearly reduces the risk of various cancer"**





# CITY BUZZ



## RUN FOR THOSE WHO CAN'T

### CHENNAI 10K RUN 2020

**Date:** Sunday, 23rd Feb 2020

**Venue:** Decathlon Mogappair.

**Categories:** 1 Km, 3 Km, 5 Km & 10 Km

'Running for those who can't' is a movement to raise awareness and contribute towards the upliftment of the differently-abled. Your contribution matters! Register now and take the step towards making a change in society. Participants will receive a t-shirt, bib number, certificate, finisher medal, goodie bag & refreshments. Registration Fee: Rs 600/-

For further details, log on to :  
<https://www.eventshigh.com/>

## IMPORTANT DATES

- 02 Feb -World Wetlands Day
- 04 Feb -World Cancer Day
- 13th Feb -World Radio Day
- 14th Feb -Valentine's Day
- 15th Feb -International Childhood Cancer Day
- 20th Feb -World Day of Social Justice
- 21st Feb -International Mother Language Day
- 28th Feb -National Science Day
- 29th Feb -Leap year's additional Day



## V'DAY CONTEST

A major shout-out to the couples out there! Stand a chance to win a COMPLIMENTARY ROOFTOP DINING EXPERIENCE for two on 14th February at Turyaa Chennai's beautifully-designed rooftop garden! Yes, you read it right! Stay tuned on our Facebook and Instagram pages as we are certain that you wouldn't want to miss this opportunity.

You'd be required to tag your partner on our contest post and write a lovely comment [not more than 100 word] expressing your love towards them. The best comment wins!

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