



The Oberoi
GRAND
KOLKATA, INDIA



The Oberoi Grand Kolkata, offers unique yoga experiences to relax, release, regenerate and help travellers achieve serenity.

Hatha flow yoga session is conducted combining a series of poses with breathing exercises of practices, including classic poses or asanas. Breathing exercises or pranayama; sun salutations to energize the body; shatkarma or purification rituals; as well as meditation, inner silence and psychic sleep sessions.

All classes take place along a seemingly infinite stretch of the swimming pool, amidst The Oberoi Grand's rich cultural heritage, a strand of sophisticated visually striking rooms.

YOGA AT THE HOTEL



SPICE ROUTE

A journey to India is incomplete without exploring the intensely diverse food culture. India is particularly known for its varied delicacies and has vast history of its food, spices and herbs.

A typical spice route session by our eminent chefs will help you in mastering your own painter's palette of Indian spices, mixes and local produce like the Bengali "five spice" Panch Phoran, Kasundi Mustard and Gondhoraj Lemon.

You will learn how to mix and blend and flavour dishes beyond anything your kitchen has seen before.



DOWN MEMORY LANE AT THE CHOWRINGHEE BAR

Inside The Chowringhee Bar at The Oberoi Grand, an elderly man sits hunched over his guitar, accompanied by only a pianist. A jazz

A CITY TOUR OF KOLKATA BY THE RIVER

A river cruise on Hoogly with interpretations about the Kolkata Ghats as you sail by, and guided shore excursions to Belur Math and The Botanical Gardens.

Tourists sail under the magnificent bridge which hallmarks the city of Kolkata and the Howrah Bridge. Early morning is the time when the Ghats become alive with activities masseurs, bathers, rituals, ferries carrying office goers between the two banks, boats carrying goods, and the fishermen throwing their nets around. Take in the glory of the setting sun on the river Hooghly, while sailing upriver to Belur Math, the international headquarters of the Ramkrishna Mission and Dakshineswar, a unique Kali temple.



aficionado could easily, even amid the haze of smoke and the clinking of glasses, catch in him a glimpse of the gaunt shadow of Christian.

In an age where jazz has changed, perhaps unrecognisably, Christian's legacy still remains strong in Carlton Kitto. An acknowledged maestro in the Indian jazz circuit, and a legend in his own right in Kolkata, Kitto's success lies in the respect he commands from fellow-musicians rather than in financial gains.

His love affair with jazz started early in life, mainly through his mother's huge collection of records of jazz greats. He has been hailed as the greatest exponent of Bebop jazz in India. The Chowringhee Bar has brought him a whole new set of fans, many of them foreigners staying at the hotel.

THE TEA LOUNGE



The Oberoi Grand, fondly referred as the 'Grande Dame of Chowringhee' offers the ultimate classical residence in the City of Joy. Standing stately for over 125 years, The Oberoi Grand combines classic Victorian architecture and charm with state of the art amenities and facilities, offering our guests an oasis of tranquillity amidst this bustling city.

The special tea lounge in the main building is adorned with paintings illustrating events and places of old Kolkata, including The Chowringhee Road, Park Street and the glorious Kidderpore Bridge. They are a rich metaphor of expressive cultural and historical references, and perfect for hotel meeting, socialisation and artistic communication.

WALKING TOUR

A vivid city rendered in elegantly striking contrasts, Kolkata is a treat to the travelling soul and a fresh canvas to photographer's eye.

The walking tours are formed with the view of celebrating the variegated flavours of a centuries old city. Localities guide you to the city's heart, providing you with relevant annotations on historical background where applicable, or sometimes just let you immerse yourself in the moment. A finely knitted mesh of information and experience can make the landscapes, streets, architecture, markets and people come alive before you.

This tour will help you understand a little bit of India and how so many religions and faith form the very fabric which is India.

