

七新
修绎

ENNOVA

SEVEN-CULTIVATION HOTEL
新绎七修酒店管理有限公司

健康生活方式的倡导者

新绎七修酒店

新绎七修酒店致力于打造以“七修文化”为内核、以“健康生活方式”为基础的养生服务理念 and 体系，并以此融入全方位的宾客服务体验。全面展现了中国深厚的传统养生文化精髓与先进的健康生活方式智慧。

新绎七修酒店雄踞京南腹地，距北京南三环（分钟寺桥）仅30分钟车程，距首都国际机场仅一小时车程，由此驱车前往故宫、天安门广场等地标性景点也仅需50分钟。酒店拥有超过10万平米的新中式风格建筑群，此建筑群的设计与建造体现了中国传统美学建筑史上的一流水准，令人叹为观止。

Seven Cultivation Hotel

Cored with Seven Cultivation Culture, ENNOVA Seven Cultivation Hotel is featured with the health preservation service philosophy and system on the basis of "Leading a Healthy Life" and initiates all-round accommodation experience. It showcases the deeply-rooted traditional Chinese health preservation culture essence and advanced wisdom of healthy lifestyle in an all-about manner.

Magnificently situated in the hinterland south of Beijing, ENNOVA Seven Cultivation Hotel is only 1-hour car drive from Beijing Capital International Airport via the Airport Expressway and around 50 minutes away from the landmark scenic sites like the Imperial Palace, Tian'anmen Square, etc. The hotel owns over 100,000m² novel Chinese-style architecture that boasts state-of-art design and construction record in the history of traditional Chinese aesthetic architecture.



酒店拥有340间充满古朴殿阁设计风格的客房与套房，所有的套房皆设有风格别致的休憩空间，为宾客提供超凡住宿体验与专享尊崇服务。18间多功能会议室，均配备先进的会议设施，其无微不至的“专属会议管家”服务可满足宾客于此下榻期间的全方位会议需求。5个不同风味的主题餐厅可供探寻与体味，“元善家宴”的齐鲁风味，“曲苑风荷”的杭帮佳肴，更有令人悦享江南的“大牌档”和可品尝异域珍馐的“木槿”，更值得一提的是那秉承七修文化精髓，集文化与体验于一身的中国茶文化交流空间——“嘉茗轩”，则是商务洽谈、朋友聚会、放松休闲的理想首选。

为了给宾客带来更为丰富、难忘的入住体验，酒店特别设计了多种娱乐服务设施，小剧场、游泳池以及“花时间”中医SPA等，令您在下榻期间获得全方位的身心愉悦，并重新焕发生气与能量。

七修之美，盛情以待！

The hotel has 340 guestrooms and suites designed like ancient Chinese palace rooms and pavilions. All suites are provided with special rest space that offers clients with superior living experience and extravagant personal service. The hotel also has 18 multi-purpose meeting rooms equipped with advanced meeting facilities. Our meticulous "customized meeting care" service can satisfy all kinds of meeting demand. The hotel involves five themed restaurants of different flavors. i.e. Shandong-style cuisine at "Yuanshan Family Feast", Hangzhou-style cuisine at "Lotus Breeze at Crooked Courtyard", Jiangnan-style cuisine at "Food Stand", outlandish "Hibiscus Korean Restaurant" and more notable space of Chinese teaism that carries forward the essence of Seven Cultivation culture—"Jiaming Tea House", your best choice of business talks, friends party, relaxation and leisure.

For more diversified and unforgettable experience, the hotel also designed quite a few entertainment facilities like mini theater, swimming pool and Flower Time SPA by Chinese herbs so that all clients will enjoy both physical and mental refreshment and regain the vigor and vitality.

The Beauty of Seven Cultivation, the Hospitality of Unparalleled Accommodation!



七修書院

七修书院位于新绎七修酒店内，占地近万平米，以最能代表中国建筑灵气的徽派建筑特点为主体结构。

七修书院联合北京中医药大学、北京体育大学等教学科研机构，将儒、释、道、医、武等传统养生精髓与现代医学结合，研发符合现代健康标准的生活方式。

书院通过“德、食、功、书、香、乐、花”七种不同的修习方式，结合传统文化养生体系，以文化滋养生命，开设针对不同人生阶段的综合实用课程。通过公益德修讲座、茶道研习、养生功法、古琴禅乐等精品课程传递七修理念，培育七修养生智慧，推广七修养生文化，并探索将“最中国”的“七修”健康生活方式与现代生活的结合之道。

Seven Cultivation Academy

Occupying a land area close to 10,000 square meters, Seven Cultivation Academy is located within Seven Cultivation Health Preservation Hotel with the main structure in style of Huizhou Architecture, which best represents the quintessence of Chinese architecture.

ENNOVA Seven Cultivation Academy, the Advocates of Healthy Lifestyle. The Seven Cultivation Academy works with the education and science research institutions like Beijing University of Chinese Medicine (BUCM) and Beijing Sport University (BSU) to combine the essence of traditional health preservation culture such as Confucianism, Buddhism, Taoism, medicine, and martial art with modern medicine, and develop the lifestyle of modern health criteria.

Through the seven featured practice means of "cultivation of virtues, practicing traditional martial arts, food nourishment, learning calligraphy, studying aromatherapy, appreciating ancient court music and flower art", the Academy makes use of the traditional culture and health preservation system to nourish life by culture and offers comprehensive practical courses for different life aspects. It conveys the Seven Cultivation concept by elite courses such as charitable virtue cultivation lecture, practice of tea ceremony, life preservation martial art, and Zen music of ancient Chinese zither, cultivates Seven Cultivation wisdom, popularizes Seven Cultivation health preservation culture, and explores the combination of the "Most Chinese" Seven Cultivation lifestyle with modern life.



何爲七修

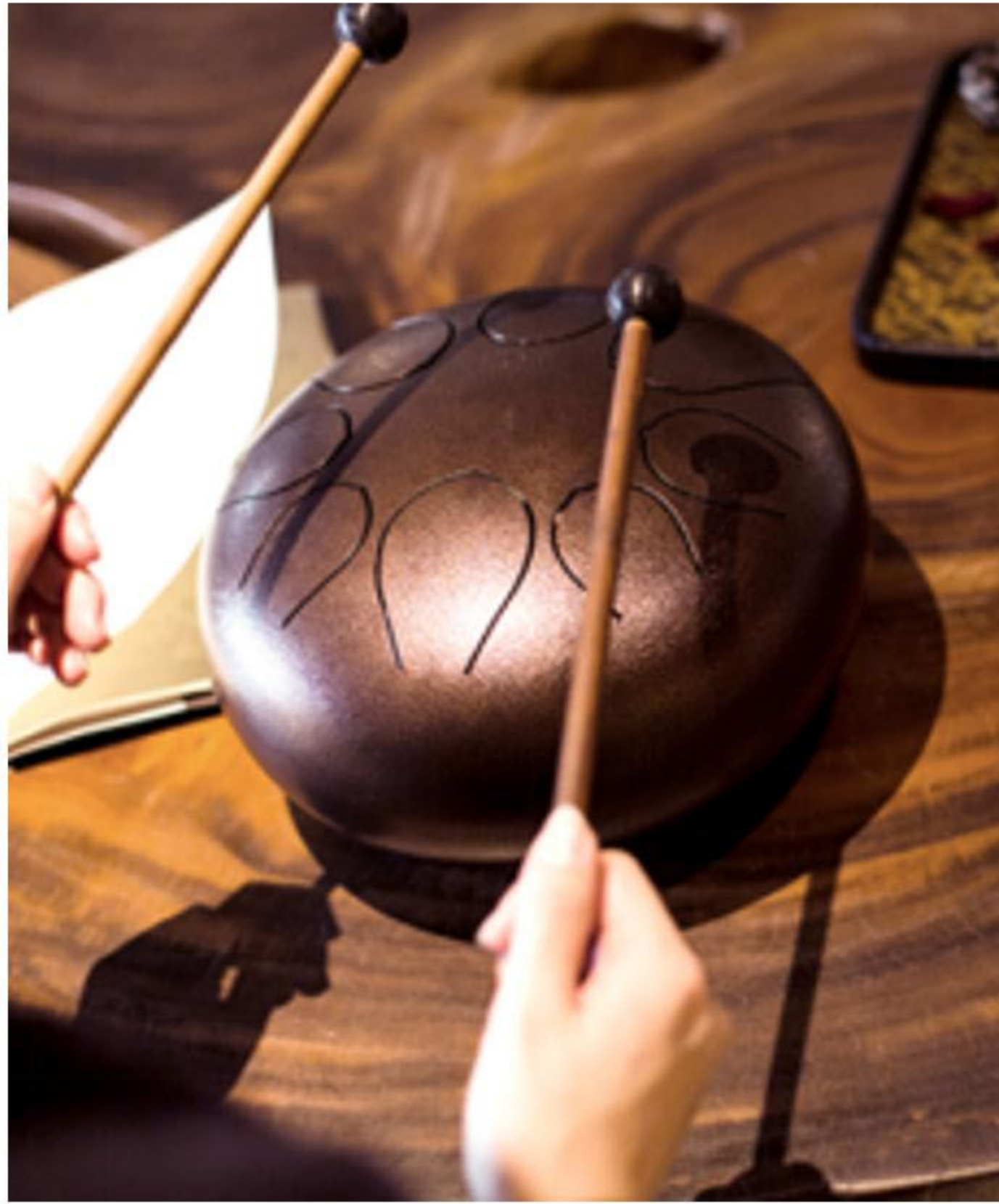
七修，即“德、食、功、书、香、乐、花”七种修习内容，旨在打造和引领健康生活方式，提升生命智慧，全面滋养身心灵。七修健康养生体系以“德修”为引领，“食、功、书、香、乐、花”六修为协同，实现人自身、人与自然节律、人与环境的平衡。七修产品体系紧紧围绕人的生活场景，进行针对性、定制化开发，帮助和引导人们树立健康的观念、养成健康的身体、塑造健康的行为、打造健康的环境，从而拥有健康的生活方式。

德为七修之本，养浩然之正气。
 食为七修之命脉，充水谷之精气。
 功为七修之幹，调自然之真气。
 书为七修之文理，舒调达之意气。
 香为七修之品味，萃岁月之灵气。
 乐为七修之韵味，调万物之和气。
 花为七修之华章，成天地之大气。

Definition of Seven Cultivation Rituals

Seven Cultivations refer to seven types of cultivation, namely, practicing traditional martial arts, cultivation of virtues, food nourishment, learning calligraphy, studying aromatherapy, appreciating ancient court music and flower art for the purposes of building healthy lifestyle, improving life wisdom and achieving physical and mental nourishment in an all-round way. Guided by cultivation of virtues, Seven Cultivations Health Preservation System aims to realize the balance between people and natural rhythm as well as people and the environment through the coordination of the other six cultivations, including food nourishment, practicing traditional martial arts, learning calligraphy, studying aromatherapy, appreciating ancient court music and flower art. The targeted system is customized closely around scenes of life to help people develop healthy concept as well as healthy body, behaviors and environment, thereby embracing healthy lifestyle.

As the foundation of the Seven Cultivation rituals, the virtue builds up one's integrity; as the lifeline of the Seven Cultivation rituals, the diet provides people with vigor; as the trunk of the Seven Cultivation rituals, the kungfu regulates the spiritual energy of the nature; as the texture of the Seven Cultivation rituals, writing adjusts people's minds; as the scent and taste of the Seven Cultivation rituals, the incense extracts the wisdom of the time; as the rhythm of the Seven Cultivation rituals, the music harmonizes everything on the planet; and as the glorious chapter of the Seven Cultivation rituals, the flower serves as a descent being across the universe.



知行館

立足传统 面向世界

知行馆立足传统，面向世界，开创儿童健康教育品牌，是精准培养4-12岁儿童综合素质的教育机构。通过“德、食、功、书、香、乐、花”针对性、定制化的传统七修课程及国际前沿的教育产品，培养孩子思想道德素质、文化素质、科学素质和身体心理素质四方面统一协调，全面发展。通过高科技现代化手段寓教于乐，以“玩”与“学”相结合的全新教育理念，让孩子们在传统文化体验中学习丰富的人生智慧，达到身心灵健康发展。

Learning and Practice Center

A Foothold on the Tradition, A Footstep to the World.

As a foothold on the tradition and a footstep to the world, the Zhi Xing Center initiates the brand of children health education and is an educational institution to cultivate the comprehensive quality of children of 4-12 years old. By pertinent and customized Seven Cultivation courses of "cultivation of virtues, food nourishment, practicing traditional martial arts, learning calligraphy, studying aromatherapy, appreciating ancient court music and flower art" as well as international avant-garde educational products, we combine and coordinate the four aspects of ideological morality, cultural quality, science quality and physical & mental quality of children. By high-tech modern approach and experience-based educational mode, we teach through lively activities so that children can learn the extensive life wisdom contained in the traditional Chinese culture and realize healthy development both physically and mentally.



七修客房

新绎七修酒店A区拥有267间不同规格的精致优雅客房。其中最具文化气息的七修客房拥有大床房28间、标准间2间。客房内陈设文房四宝、陶瓷花艺、香道、茶道等七修元素，从多个方面营造出七修文化的氛围，使宾客在休息放松的同时能够充分体会传统文化的舒适感，体验高品质生活。另提供100间高级大床房，126间高级双床房，10间贵宾套房以及1套总统套房。客房空间设计融合传统中式风格，宾客可于此尽情放松休憩。

从迎宾设施、客房熏香到悉心服务，从陶瓷花艺、养生茶饮、禅韵书画到客房内提供的融入养生理念的“五行”音乐，宾客尽可在此一方静谧天地，尊享远离喧嚣的禅韵惬意。

Seven Cultivation Guesthouses

There are 267 exquisite guesthouses of different grades at Zone A of ENNOVA Seven Cultivation Hotel, among which 28 King-sized rooms and 2 standard rooms located at the 6th floor of the Hotel are decorated with Seven Cultivation elements like Four Treasures of Study, porcelain flower art, aromatherapy and teaism, etc. with all-round Seven Cultivation cultural atmosphere. In addition to completely relaxing, the guests may experience the comfort of traditional culture and premium quality of life. The hotel also has 100 Superior Rooms with King-sized bed, 126 Superior Rooms with Twin beds, 10 VIP Suites and 1 Presidential Suite. All the rooms are designed of traditional Chinese style that guests can have a perfect rest.

From reception facilities, aromatherapy in room to customized service, from porcelain and flower art, healthy tea drink, zen-provoking paintings to the “Five Elements” music featuring health preservation in room, all guests can have distinctive experience in this tranquil and elegant place.

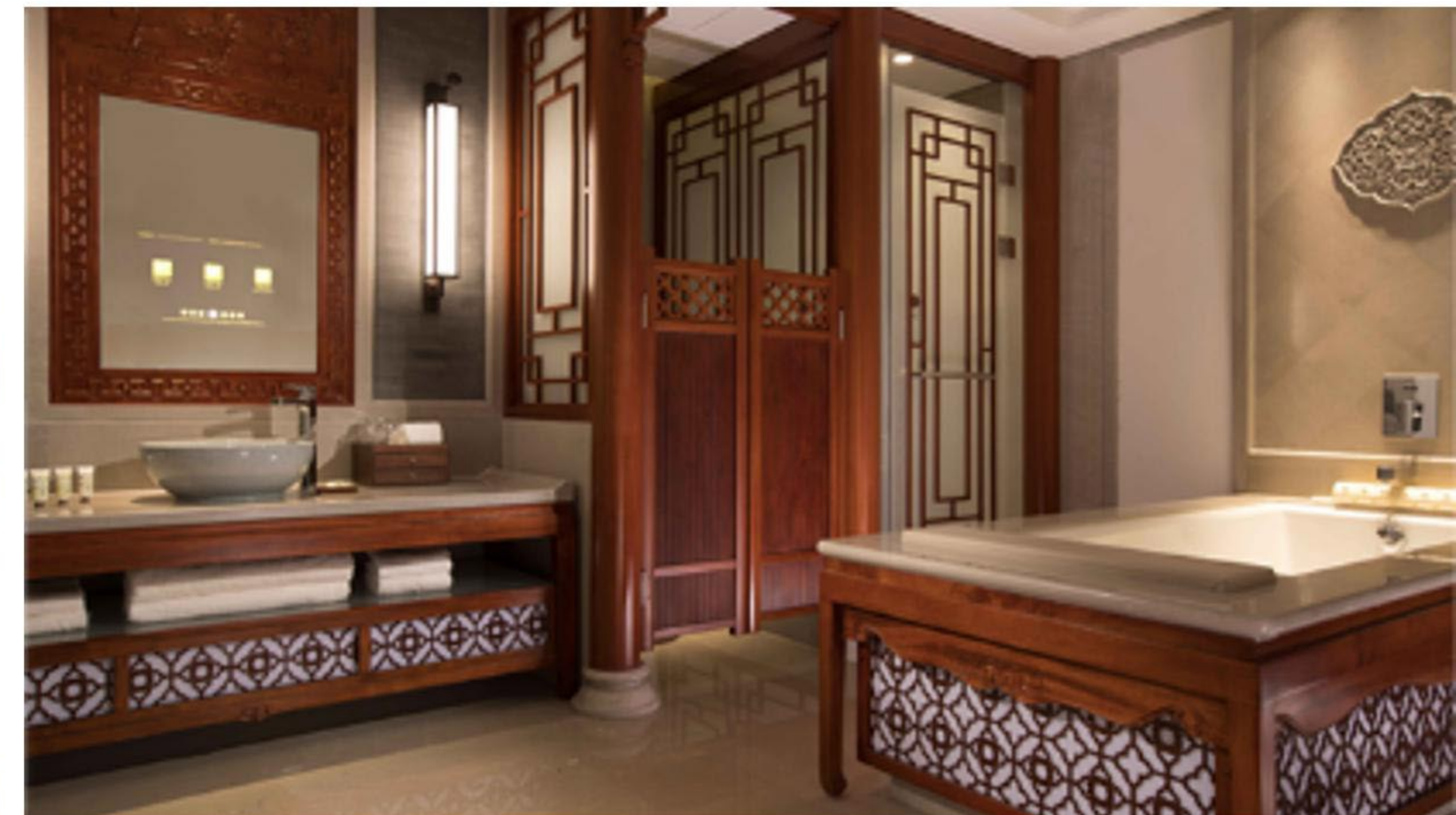


中和府客房

中和府位于酒店D区，72套徽派庭院式客房是专为前来修习传统文化的客人准备的静修之所。瓦檐明净、光影清素，伴您岁月静好。每间客房还配备独有知识产权的新绎智能健检系统，可以随时为您提供健康评估以及健康管理服务。

Zhonghe Mansion House

Located in Zone D of hotel, 72 Anhui-style courtyard guesthouses is dedicated to the visitors learning traditional culture. You can find your inner peace and return to undisturbed time in this clean and tidy residence place. An ENNOVA Health System, with Independent IRP, is available in each suite that serves you with health evaluation and health management service.



會議中心

新绎七修酒店会议中心——绎如堂，位于酒店C区，新中式庭院风格，规模宏大，是京津冀地区重大会议接待场所之一。拥有可容纳从几十到近千人的18个特色会议场地。所有会议区都配有电子信息发布系统与独立的音响及投影等设备。每层设有贵宾接待室，能够满足各种会议、学术研讨、签约仪式、展览展示等活动需求。其中千人会场嘉会厅规模最大，配备专业舞台、灯光及音响视频设备，同时配有能够实现多国语言的同声传译设备。

经验丰富的会议策划团队和优秀的专业会议服务人员，为国际化会展活动提供尽善尽美的服务。会议之余您还可以在七修师带领下体验传统茶道、抚琴闻香，练习功法排除疲劳，打破传统会议流程化模式，感受不一样的七修会议服务。

Conference Center

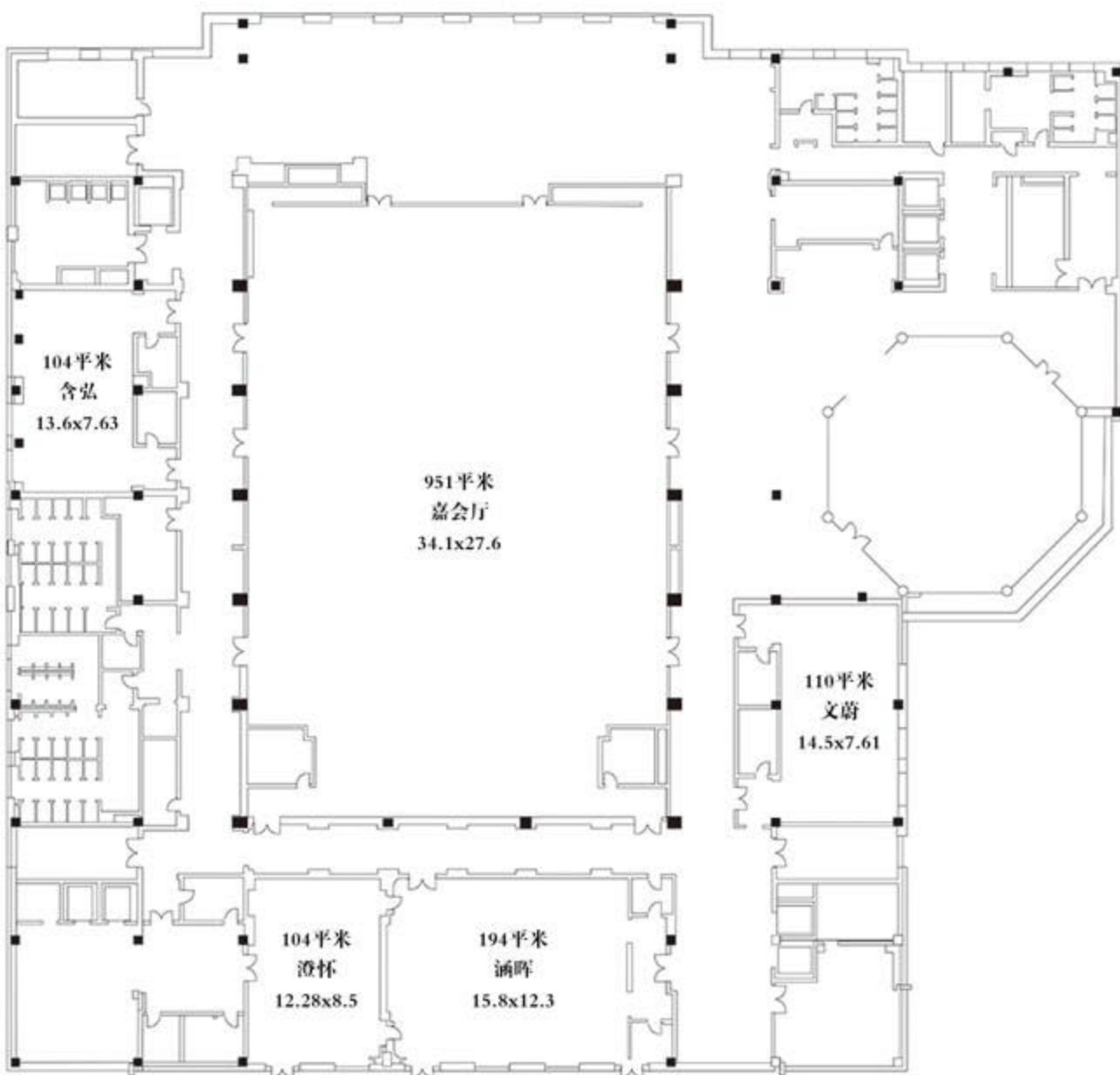
The conference center of Seven Cultivation Hotel—Yi Ru Hall is featured with neo-Chinese-courtyard style and spacious scale, is one of the important conference places with all purposes in Hebei Province. The cluster includes 18 senior conference venues ranging from dozens to close to 1,000 attendees. All conference areas are equipped with electronic information release systems and independent audio and projection apparatus. Each floor has VIP reception rooms that satisfy the demand of all types of meetings, academic symposiums, signing ceremonies, exhibitions and shows. The Jia Hui Grand Ballroom, capable to house 1,000 persons, is equipped with professional stage, lighting, audio and video equipment as well as simultaneous interpretation device for multiple languages.

The experienced conference planning team and excellent service staffs provide the best-of-all services for any international exhibition and event. The attendees may also experience the traditional teaism, zither and incense practice and learn Qigong to soothe fatigue under instructions of tutors. Different from conventional process of conference, it is uniquely earmarked with "Seven Cultivation".

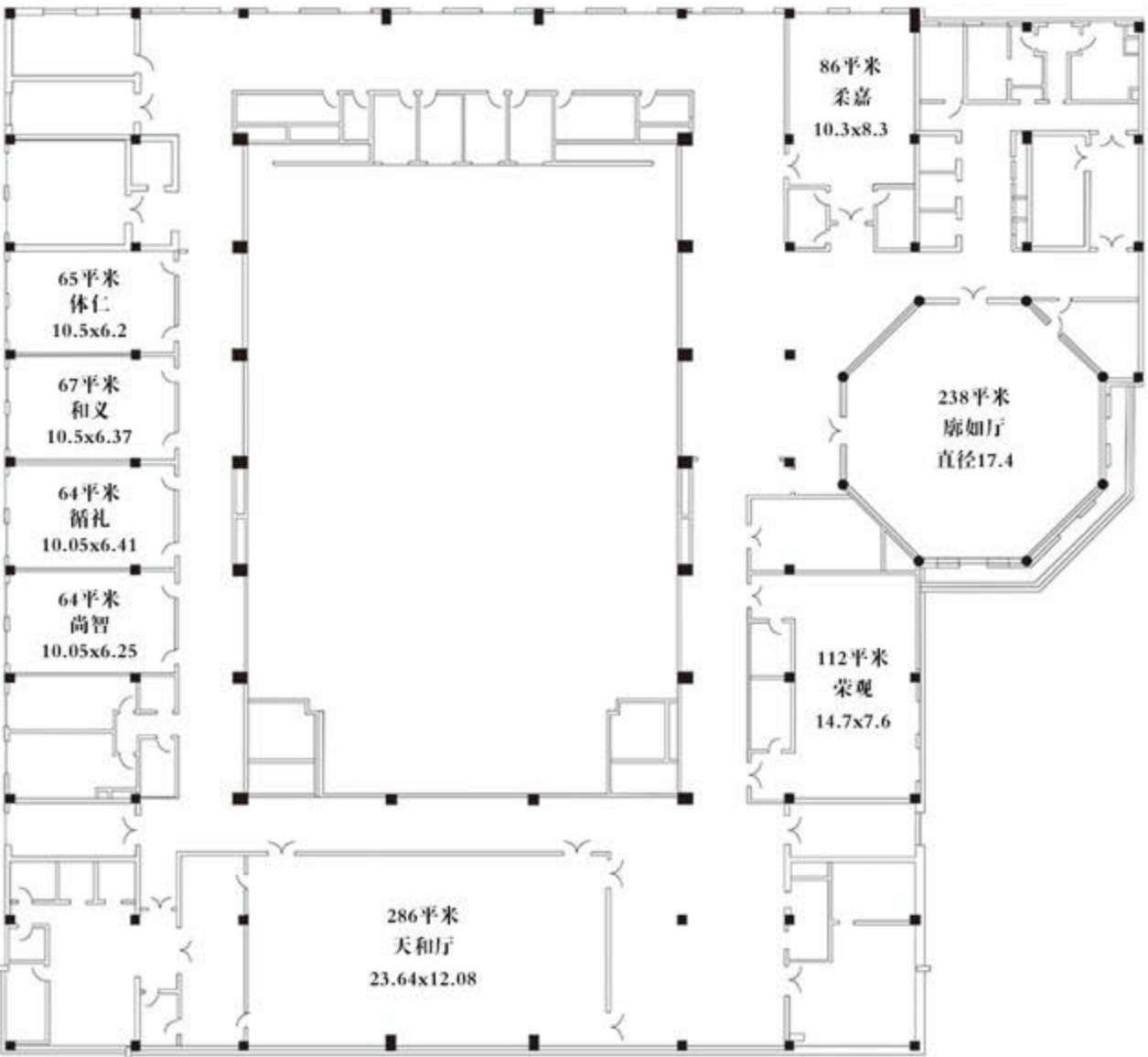


會場信息

場地名稱 Function Room	基本情况 Basic Information				可容纳人数 Capacities By Layout							
	楼层 Fl.	面积 Area(m²)	长×宽 L×W	高 H(m)	董事会 Boardroom	课桌型 Classroom	宴会式 Banquet	剧院型 Theater	分组/鱼骨式 Fishbone	VIP式 VIP	U字型 U-Shape	双U字型 Double U
嘉会厅 Jia Hui Grand Ballroom	3	951	34.1×27.6	7	—	480	49桌	800-1000	400	60	—	—
嘉会厅 南厅 Jia Hui Grand Ballroom -South	3	427	15.5×27.6	7	—	160-204	21桌	360	96-126	—	—	—
嘉会厅 北厅 Jia Hui Grand Ballroom -North	3	513	18.6×27.6	7	—	224-238	28桌	450	108-168	—	—	—
文蔚 Meeting Room 1	3	110	14.5×7.61	2.9	22-26	—	—	—	—	—	—	—
通晖 Meeting Room 2	3	194	15.8×12.3	2.9	—	—	—	—	—	34	24	48
澄怀 Meeting Room 3	3	104	12.28×8.5	2.9	—	—	—	—	—	14	—	—
含弘 Meeting Room 5	3	104	13.6×7.63	2.9	—	40-56	—	80	48	—	—	38-47
柔嘉 Meeting Room 6	4	86	10.3×8.3	3.2	—	—	—	—	—	10	24-32	—
席如厅 Meeting Room 7	4	238	直径17.4	7.9	圆桌式64	—	—	—	—	—	—	—
荣观 Meeting Room 8	4	112	14.7×7.6	3	—	40-56	6桌	80	48	—	24-32	38-47
天和厅 Meeting Room 9	4	286	23.64×12.08	3	—	120	—	210	96	—	32	92
和义 Meeting Room 12	4	67	10.05×6.37	3	—	30	—	40	24-32	—	16-20	—
体仁 Meeting Room 13	4	65	10.5×6.2	3	14-18	—	—	—	—	—	—	—



絳如堂三层厅房名称及格局图
3rd Floor



絳如堂四层厅房名称及格局图
4th Floor

嘉茗軒

品好茶 交君子

“美感尽在品茗中，雅趣亦从盏中出”，嘉茗轩位于酒店D区二层，以四合院制式的中堂为基础，围绕四季景色，营造古典精致的茶文化空间，嘉茗轩以深厚的文化底蕴和七修健康理念，打造文人雅客的静谧空间和“谈笑有鸿儒，往来无白丁”的高端商务会谈空间。度全年风景，品一世好茶，以不同品类的茶为主题，设计易武同昌、状元红袍等11个不同的独特空间，带您走进茶艺的禅境，漫享手烹香茗的幽趣。

嘉茗轩顺应二十四节气，遵循中医君臣佐使的配伍原则，让您知四时享五味，食饮有节，不食不时之食。整套菜单选用当季、当令之材，主汤、主菜、主食为君，健脾护胃；配菜为臣，生阳益气；而干鲜果品为佐，生津润燥；饮品为使，条达肝木。



Jiaming Tea House

As the proverb says: “Sophisticated taste is acquired from sipping tea; mental refinement results from the appreciation of tea-inspired delicacy.” Jiaming Tea House is the perfect embodiment of such taste and refinement. It is located on the second floor, Zone D of Ennova Seven-Cultivation Hotel, inspired by Beijing’ s siheyuan layout which manifests the idea of harmonious coexistence between humans and nature. The main hall is flanked by eleven tea-themed rooms. Typical scenes of four seasons are included in these spaces, denoting the passage of time. Each space makes for a secluded world, a world where well-cultured person can experience the beauty of serenity, and where business leaders can engage with the best minds and highly-accomplished gurus to know how to stand out from the crowd. An inviting environment with seven-cultivation philosophy of health like Jiamingxuan kindles such epiphany and inspiration by offering quality tea, including Pu'er tea with time-honored brand Yiwu Tongchang, and black tea branded as Lapsang souchong , in combination with nine other top-notch tea brands. Guests to these spaces can gain insight into Zen by attending tea ceremony, while the delectable fragrance of tea assails their nostrils.

Keenly aware of the wisdom embodied in China’ s twenty-four solar terms, that is, eating seasonally gives your health a boost, Jiaming Tea House is committed to providing diners with four groups of food endowed by the four seasons. The winning combination is supported by the Traditional Chinese Medicine (TCM), which holds that a prescription should include at the same time the jun (or sovereign), chen (or minister), zuo (or assistant) and shi (or messenger) ingredient drugs. Based on this principle, Jiamingxuan makes soup, main course and staple food as the sovereign to bolster spleen and aid digestion, side dishes as the minister to raise Yang and augment Qi, dried and fresh fruits as the assistant to promote fluid production and moisten dryness, and drinks as the messenger for liver to govern free activity.

新绎美饌

元善家宴

元者，善之长也。大厅采用新中式庭院风格，大气宽敞，可容纳就餐人数约500人，另有15间雅间，独具匠心的设计让贵宾感受家宴的温暖。配备专业灯光、音响的舞台，辅以高端文化节目的伴餐演出，让您在美食美味中尽享视听盛宴。

在这里，您尽可品味齐鲁味道，正宗老菜，传统风味，感受家的氛围，重拾旧时幸福味道。

Yuanshan Family Feast

Yuan (Origin) generates Shan (Virtue). The spacious new-Chinese-style courtyard can accommodate 500 guests. Guests may also enjoy themselves in one of the 15 private rooms and feel like home. The performance stage, equipped with professional lighting and audio systems, presents best-of-art culture shows at dinner time.

You can taste the traditional Shandong Cuisine and feel at home with happy memory of old time.



新绎美饌

曲苑风荷

身处北国，感怀苏杭，以中华古乐之精华元素与经典乐器铺排空间，余音绕梁，余味萦怀。曲苑风荷以中国古代音乐为主题，拥有1个中型宴会厅，19间雅间，可容纳250人就餐。结合“七修·食修”，顺应时节，烹二十四节气养生菜，品杭帮之味，宴至尊宾朋。

Lotus Breeze at Crooked Courtyard

Staying in North China but feeling in Suzhou and Hangzhou. The restaurant is decorated with ancient Chinese music elements and musical instruments with both tune and aroma lingering. It has a mid-sized banquet hall and 19 private rooms, capable to accommodate 250 guests. In line with the theme of “Seven Cultivation · Food Nourishment”, the restaurant selects seasonal dishes according to the 24 traditional solar terms on Chinese calendar and offers you Hangzhou cuisine feast.



新繹美饌

大牌档

全天式用餐服务，满足不同时段的用餐需求，正宗临安民间菜，辅以特色小吃，评弹助兴的同时带您领略江南餐饮文化！

Food Stand

The restaurant provide all-day dining service. Taste the genuine folk food with Lin' an style, and special snacks, and enjoy the food culture while listening to the story-telling and ballad singing in Suzhou dialect.



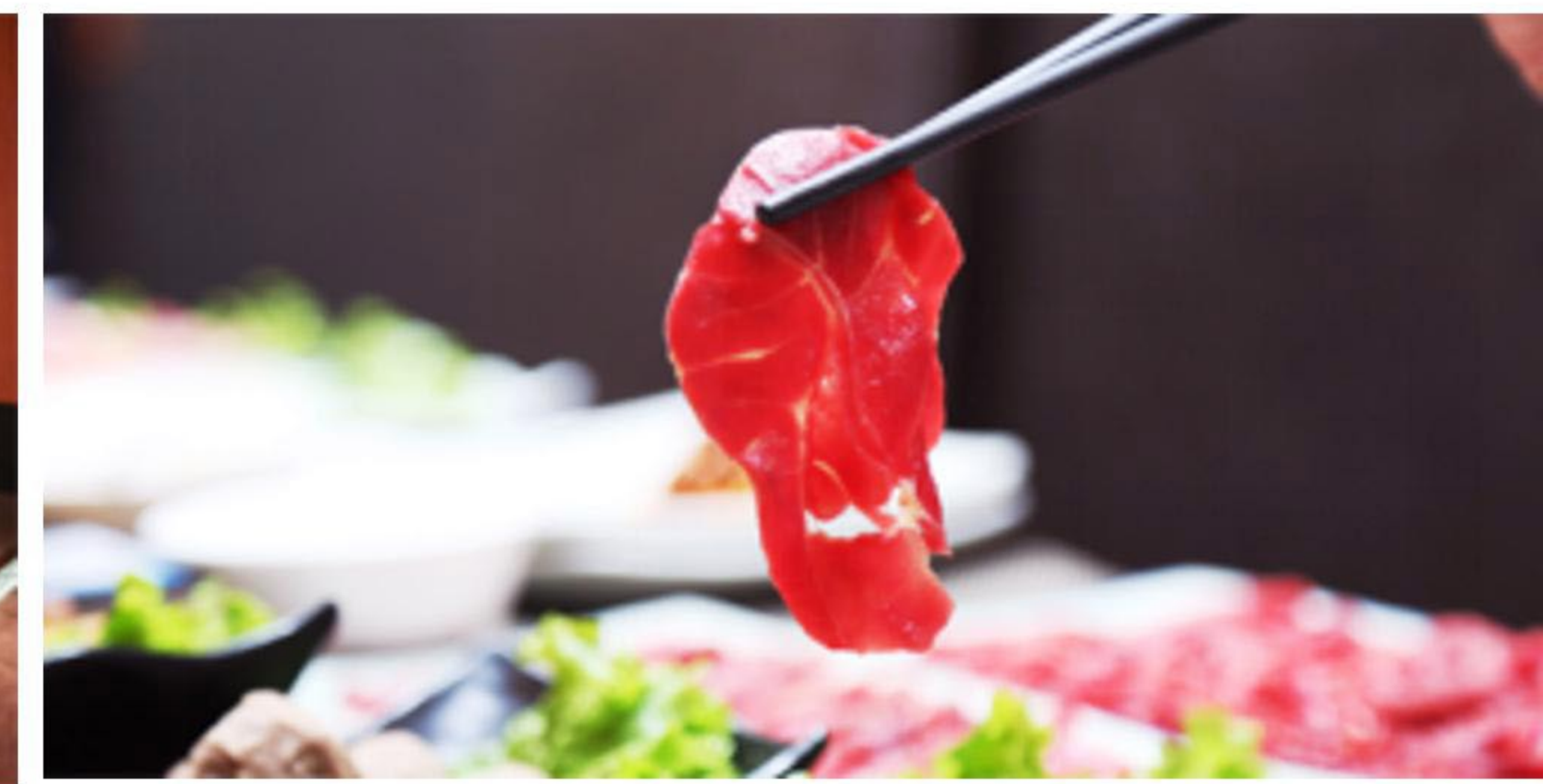
新绎美饌

木槿餐厅

午餐提供韩式经典菜肴，花边竹旁，静享恬淡人生；晚餐提供燃炭烧烤，推杯换盏，感受空调下的炭火情怀；意犹未尽时，可挑灯畅饮，秉烛夜话至午夜。木槿餐厅，是您会友、品尝异域美食的好去处。

Hibiscus Korean Restaurant

Korean-style classic food is provided for lunch. Enjoy the serene moment with flowers and bamboos. Barbecues are provided for supper. Have a cup of wine and feel the warmth of charcoal fire in the air-conditioning environment. Without enjoying yourselves to the fullest, you can drink to your heart's content and chat with each other to midnight. Hibiscus Korean Restaurant is the best place for you to meet with friends and taste exotic food.

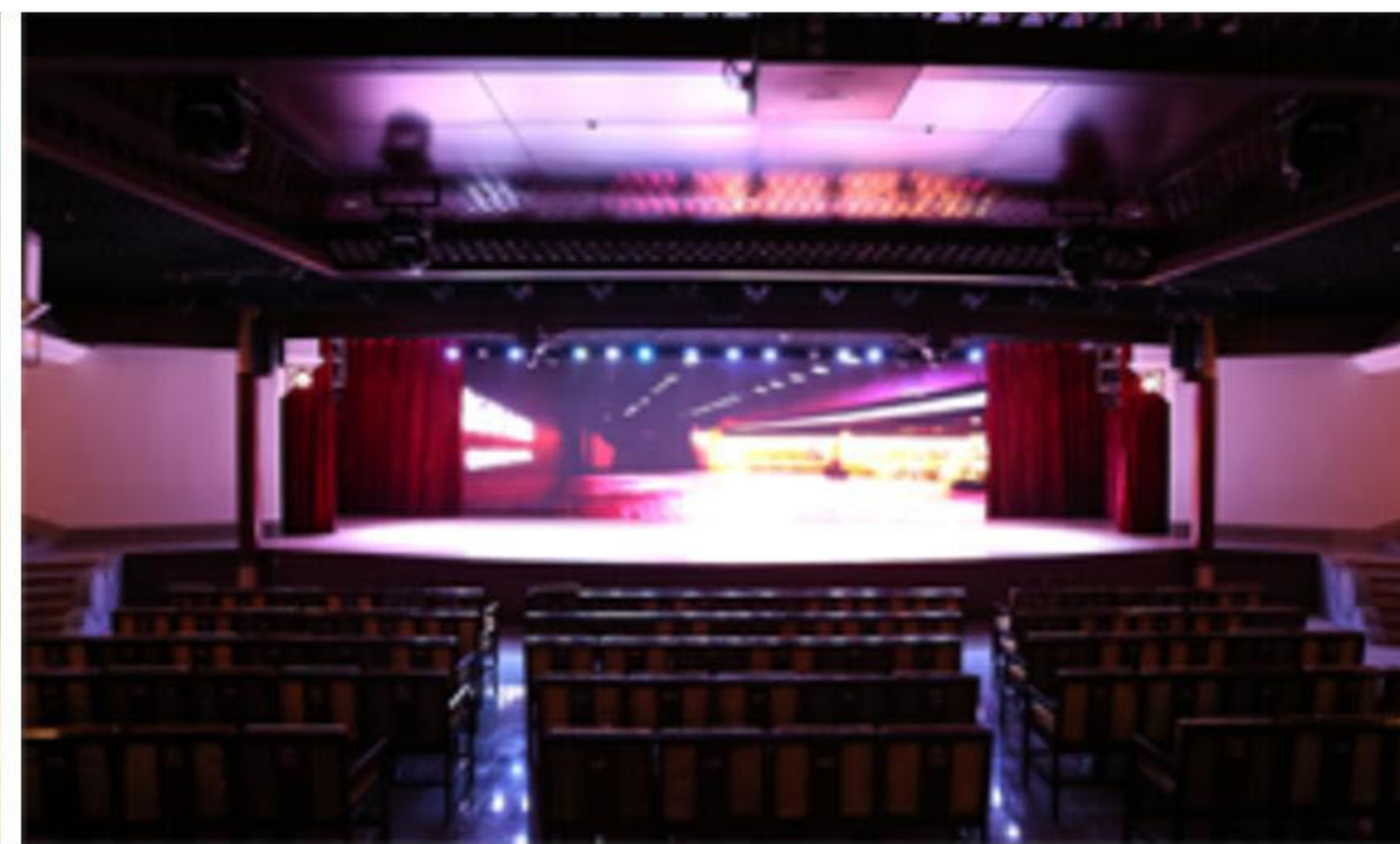


康樂中心

主题为“运动、健康和快乐”的康乐中心位于酒店B座综合楼一层，设有游泳池、小剧场、桑拿、健身房、棋牌室、KTV。

健身房内设施包括跑步机、交叉训练机、单车，以及综合力量器械，您无需因为旅行而舍弃健身计划，旅途之余使您放松精神，减轻压力，重拾活力。

新绎剧场按照民国戏曲堂会的形式进行装修布置，设备先进，配备3.6*12米的LED屏。既适合各种演出，也可举办年会等活动。舞台前的乐池内可摆放5张八仙桌和20把太师椅，近距离观赏名家名曲，让喜爱传统演义的您有身临其境之感。



Recreational Center

The recreational center themed with “sport, health and happiness” is located at Ground Floor of General Building at Zone B of the Hotel including the swimming pool, mini theater, sauna room, fitness room, chess room and KTV.

The fitness room is equipped with treadmills, sover machines, spinning bikes and comprehensive strength machines so that you can continue body practice during the journey and enjoy the comfort of fitness regime that helps relax and rejuvenate you!

The theatre is arranged and decorated as the traditional opera theatre of Republic of China but equipped with modern equipment such as 3.6*12 LED screen, which fits for both performance shows and celebration activities. The orchestra in front of stage can accommodate 5 Chinese Eight-fairy Tables (old-fashioned square tables for 8 people) and 20 Chinese Taishi wooden armchairs. The audience can get even closer to the famous performers and feel personally on the scene.

花時間SPA

通过SPA水疗,芳香SPA等愉悦体验，不但能放松绷紧的身体,舒缓紧张的身心,还有美白皮肤,养颜,减肥等功效。通过嗅觉、听觉、味觉、触觉多重感知达致身心俱畅、恢复健康和活力、滋润身体和心灵的功效。

Flower Time SPA

The pleasant experience like SPA, aroma SPA, etc. not only offers relaxation both physically and mentally, but helps whitening skin, beautifying and body shaping. Through multisensory experience like smelling, listening, tasting and touching, our clients can rehabilitate health and vigor with nourishment of both body and mind.





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