



16 June 2016

The Great Escape:
**Paris Aéroport offers Travellers Yoga Sessions
in its boarding lounges**

Because journeys start at the airport, Paris Aéroport is unveiling its summer venture "**ParisYogAéroport**".

On really busy weekends when everyone is taking to the skies, passengers at Paris-Charles de Gaulle and Paris-Orly Airports will have the chance to try out some Yoga postures and breathing exercises in the boarding lounges to prepare themselves for their trip. Short yoga sessions have been specially designed by **Le Tigre Yoga Club** and its teachers for Paris Aéroport and are particularly recommended to help travellers relax before they catch the plane.

Paris Aéroport wishes to offer its passengers a moment of relaxation before boarding; simply to take a breather and unwind, which ties in rather nicely when you remember that Yoga means union, both between body and mind and between oneself and the world.

This special attention to our passengers is part of the pledge in the new Paris Aéroport signature, "PARIS VOUS AIME" (Paris loves you), a pledge driven by a goal: to offer entertaining, outward-looking and amazing experiences, in order to match the new aspirations of travellers. Making their stay at the airport truly enjoyable, where everyone has control of their time and how they choose to spend it, whether it's working, learning and discovering, enjoying themselves or being amazed.

The venture's symbolic launch - two giant Yoga classes

On 20 June 2016, the eve of World Yoga Day, Paris Aéroport invited yogis to come together and experience an unprecedented inner journey.

An exceptional event orchestrated in partnership with two major players in the world of Yoga: **Le Tigre Yoga Club**, a haven of peace and "better living" and **Lolë**, a clothing designer inspired by well-being and helping people to "live out loud everyday". To top off the experience, the Juice and Food creations by **Good Organic Only** are a deliciously delightful way to purify one's body.

Leading this trip are two talented teachers:

Mika de Brito, an internationally-acclaimed Frenchman and muse to all Paris yoga enthusiasts and **Michael Hewett**, a guitarist and musician who has been composing and DJ'ing for 30 years, and teaching yoga in New York since 1997.



Yoga Session at Paris-Charles de Gaulle Airport terminal 2E hall M ©A.Gaulupeau, Groupe ADP

ParisYogAéroport

Every Friday and Saturday between 15 July and 13 August 2016

Paris-Charles de Gaulle and Paris-Orly (south) Airports, in the boarding lounges.

An unprecedented inner journey!

Monday 20 June, from 7 pm to midnight

#parisyogaairport #TigreYogaClub #Iolewomen #GoodOrganicOnly

Press contact: Elise Hermant, Medias and Reputation Department Manager +33 1 43 35 70 70

Investor Relations: Aurélie Cohen, Head of Investor Relations +33 1 43 35 70 58 - invest@adp.fr

Groupe ADP builds, develops and manages airports, including Paris-Charles de Gaulle, Paris-Orly and Paris-Le Bourget. In 2015, Aéroports de Paris handled more than 95 million passengers and 2.2 million metric tonnes of freight and mail at Paris-Charles de Gaulle and Paris-Orly, and more than 55 million passengers in airports abroad through its subsidiary ADP Management. Boasting an exceptional geographic location and a major catchment area, the Group is pursuing its strategy of adapting and modernising its terminal facilities and upgrading quality of services; the group also intends to develop its retail and real estate businesses. In 2015, Group revenue stood at €2,916 million and net income at €430 million.

Registered office: 291, boulevard Raspail, 75014 PARIS.

Aéroports de Paris is a public limited company (Société Anonyme) with share capital of €296,881,806.

Registered in the Paris Trade and Company Register under no. 552 016 628 RCS Paris

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