

# GLOBAL WELLNESS DAY

## JUNE 8, 2019

Celebrate Global Wellness Day with Mandarin Oriental, New York and find bliss and balance with one comprehensive wellness session in partnership with lululemon, Folk Rebellion Founder Jess Davis and Vibrational Energy Healer Valerie Oula.

### 2019 SESSION

- 9:30am** Arrivals and welcome
- 10:00am** Digital wellbeing session with Jess Davis, Founder of Folk Rebellion and lululemon brand ambassador
- 11:00am** Yoga
- 12:00pm** Breathwork meditation and gong bath with Valerie Oula

### LOCATION

Outdoor space off 38th floor Business Center at Mandarin Oriental, New York

### COST

\$50 per person with proceeds going to a charitable organization

*Space is limited. Event is weather permitting.*

[CLICK TO REGISTER](#)



FOLK REBELLION



MANDARIN ORIENTAL  
NEW YORK

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#MONewYork #wellnesseverywhere #GlobalWellnessDay  
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# ABOUT OUR PARTNERS



## JESS DAVIS

Named a 'Limit Breaking Founder' by Arianna Huffington, Jess Davis is at the crossroads of humans, real life and the modern world. Her company, Folk Rebellion, was named the 2018 'Wellness Trend of the Year' by Well+Good, and Jess's work as a creative brand strategist earned her a coveted '40 Under 40' award. Jess is digital wellbeing thought leader, editor in chief of Folk Rebellion and renowned creative strategist. Her writings on technology, digital detox, entrepreneurship and parenting in the modern world have been featured in Inc. Thrive Global, the Guardian and more. As an international speaker Jess's engagements include Vice, Forbes, lululemon, Soho House, BBDO and Grey Advertising. A lifelong learner and passionate educator, she's been a guest lecturer at Columbia Business School and New York University. Innately curious, Jess lives a rebellious life that is inspiring a counter-culture movement, encouraging a plugged in world to raise hell and live well.

📷 @folkrebellion #digitalwellbeing #disconnect



## VALERIE OULA

Valerie Oula (Saranjeet Kaur) is the founder of Modern Ritual NYC, a holistic lifestyle offering for mind, body and soul. As a KRI certified Kundalini Yoga Instructor and Reiki Master Teacher, she shares her passion for vibrational medicine through healing sessions, classes, workshops, events and trainings. She is the author of "A Little Bit of Reiki" from Sterling Publishing and the director of vibrational energy healing at The Well in NYC. Valerie creates an energetic haven for students and clients to unwind, process and heal through integrative energy work. Having been blessed with the spiritual name, Saranjeet (Saran means sanctuary. Jeet means victory.), she strives to create sacred space for all to overcome obstacles and walk the path of victory. While walking the path of victory, Valerie is almost always in search of delicious vegan eats and is slightly obsessed with massive pink halite crystal clusters.

📷 @valerieoula @modernritualnyc



## LULULEMON

lululemon is a yoga-inspired, technical athletic apparel company for yoga, running, training and most other sweaty pursuits. While Vancouver, Canada is where you can trace the company's beginnings, the global community is where you'll find lululemon's soul. The location at 10 Columbus Circle allows visitors to shop through two floors of their favorite gear, enjoy fitting rooms on both floors, and in-person concierge services. Digital community boards are available to provide guests with connection and resources to the neighborhood and sweat community.

📷 @lululemon

#MOnewyork #wellnesseverywhere #GlobalWellnessDay 📷 @mo\_newyork

Mandarin Oriental, New York

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