



13 June 2025

Singing Bowl and Chanting Therapy with Dr Buathon to reconnect with your higher self

Spiritual wellbeing is the core of overall wellbeing, learn and practice the sequence breathwork, cultivate an inner joy with compassionate mantra expression, letting go of tension within your heart, and allow the chi flow within the body, synchronize the physical and mental state into a greater mindful manifestation.

Time: 6:30pm

14 June 2025

Run Club Reconnect with Longevity

Time: 7:30am

Meeting Point: Lobby

Hike to Peak / High West Reconnect with Mother Nature

Time: 9:15am

Meeting Point: Lobby

High Intensity Interval Training Reconnect with Longevity

Time: 10am & 11am

Location: Fitness Centre, 24/F

Wheel Yoga Reconnect with Self

Time: 3:30pm

Location: The Oriental Spa Studio, 4/F