



THE SPA  
AT  
MANDARIN ORIENTAL  
SINGAPORE

# WELLNESS WEDNESDAY

Take a midweek break with our curated wellness programmes tailored to reconnect your mind, body and soul.

## JANUARY

- 4 January Yoga
- 11 January Active Meditation
- 18 January Mat Pilates
- 25 January Sound Healing

## FEBRUARY

- 1 February Yoga
- 8 February Active Meditation
- 15 February Mat Pilates
- 22 February Sound Healing

Time: 6:30pm  
Venue: Yoga Patio, Level 5

Exclusive for in-house guests.

Advance booking of at least 24 hours is required and is subject to availability.  
For more information, please call +65 6885 3533 or email [mosin-spa@mohg.com](mailto:mosin-spa@mohg.com).

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