



EMPOWERING BREAST CANCER AWARENESS



HEALTHY HABITS

According to the Hong Kong Breast Cancer Registry Report No.9, the risk factors that 14,905 local breast cancer patients share are:



77.7% LACKED EXERCISE



**37.1% WERE UNDER
HIGH LEVEL OF STRESS**



**WOMEN AGED 44 – 69
POSE HIGHER RISKS**



BMI

**ADULTS ARE ADVISED TO KEEP
THEIR BMI BETWEEN 18.5 AND 25**

Join us for a month of empowering activities in support of Breast Cancer Awareness Month. From Movement Class, Pilates and Barre to Art Therapy and Sound Healing — every session is designed to nourish your body, mind, and soul. Wear pink. Move with purpose. Heal together.

UPCOMING EVENTS

Body: Strength in Motion



6 October | 12:30pm –1:20pm
16 October | 6:30pm –7:20pm

Pink Pilates

Jacqui Au

Price: \$550 (non-member)

Our signature class radiates pink energy, blending Pilates to enhance flexibility, mobility, and breast health. These sessions integrate breathing techniques to strengthen core muscles, improve overall strength, enhance posture, and refine body figure.

Body: Strength in Motion



**8
Oct**

6:30pm – 7:45pm
**Breast Health
Movement Workshop**
Jenny Lam
Price: \$750 (non-member)

Gentle flow and stretching exercises enhance lymphatic flow to support breast health and discover how movement empowers both body and mind.

Body: Strength in Motion



**18
Oct**

10:00am – 12:45pm

Pink Power Run & Workshop

Jenny Lam & Anna Corisio

Price: \$550 (non-member)

Start the day with Master Trainer Jenny Lam, where you will learn skills and strategies in running through a dynamic power run session. Jenny will motivate you and guide you through warm-up, running, and post-run recovery techniques.

Osteopathic Practitioner Anna Corsio will follow with an intimate guided workshop offering invigorating exercises promoting mind-body awareness, post-run care, and holistic wellness support.

Mind: Creativity and Calm



**26
Oct**

3:00pm – 4:30pm

Mindfulness Art Therapy Workshop

Kiyoko Tsukabayashi

Price: \$750 (non-member)

Kiyoko Tsukabayashi, majored in visual merchandising and focused on mindfulness practices, guides a creative journey to support breast cancer and mental health awareness.

Participants will engage in a breast cancer-themed art therapy workshop, share stories, and find inner peace through guided reflection in a nurturing environment.

Soul: Inner Harmony



6:30pm – 7:30pm

Self-Care Hour: Empowerment & Hair Wellness

Valentina, Brenda, Keina and Leanne Blu

Price: Complimentary

Breast cancer survivor and Clinical Hypnotherapist Valentina Tudose share her cancer recovery journey and Keina Chiu shares self-care practices and wellness secrets for greater heights.

Brenda Leung, Founder of Zeva Hair Spa, offers daily and post-chemotherapy hair care tips and confidence-boosting rituals in a warm, nurturing space, fostering connection and inspiration.

Soul: Inner Harmony



7:30pm – 9:00pm

Self-Healing Meditation and Tibetan Bowl Sound Therapy

Bhakti Wong & Tsering

Price: \$880 (non-member)

Jointly led by Bhakti and Tsering, this powerful sonic meditation by the pool calms the nervous system, melts away anxiety, and quiets the mind. Release deep physical tension, achieve mental clarity, and emerge feeling profoundly balanced and rejuvenated.

Glow
Pink



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