



YUN
WELLNESS



GLOW FROM WITHIN

*Live wellness as a daily practice —
a progressive path to Align, Reflect & Manifest*

This season, step into a journey of intentional self-care, shared strength, and lasting radiance — a progressive path to Align, Reflect & Manifest.

GLOW FROM WITHIN

● **October** - Centres on preventive health, self-care, and community connection.

● **November** - Invites consistency and deeper refinement. Monthly singing bowls and face yoga support ongoing relaxation, facial vitality, and inner calm.

● **December** - Focuses on release and festive restoration. Breathwork, journaling, and warming treatments help let go of tension and restore body and mind for the new year.

GLOW Schedule

GLOW PINK October

Pink Pilates	6 Oct
---------------------	--------------

Recharge in Your Feminine Energy: Sound Healing Journey	11 Oct
--	---------------

Breast Health Movement Workshop	12 Oct
--	---------------

Pink Power Run	31 Oct
-----------------------	---------------

Align

TCM Deep Healing with Grace Yu	Every Sunday
---------------------------------------	---------------------

Meridian and Fascia Therapy by Eric Lee	Every Friday & Saturday
--	--

Osteopath & Holistic Recovery by Hugo Dufournet	Every Sunday & Wednesday
--	---

Tai Chi Standing Meditation Workshop	21 Nov & 12 Dec
---	----------------------------

Reflect

Interactive Singing Bowl Workshop	3 Oct, 11 Nov & 12 Dec
--	---------------------------------------

Manifest

Face Yoga for Healthy & Sculpted Glow	13 Oct, 10 Nov & 15 Dec
--	--

Release & Rise Breathwork	7 Dec
--------------------------------------	--------------

Journaling & Manifestation	16 Dec
---------------------------------------	---------------



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**



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

Movement for Longevity



Pink Pilates with Alanna

6 October |
12:30pm – 1:30pm

Price: HK\$550

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.



BOOK NOW

Breast Health Movement Workshop with Jenny

12 October |
10:30am – 11:30am

Price: HK\$880
(HK\$780 for members)

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



BOOK NOW

Sound, Stillness & Balance

Recharge in Your Feminine Energy: Sound Healing Journey

11 October |

10:30am – 11:30am

Price: HK\$880 (HK\$780 for members)

This special session invites women to reconnect with softness, creativity, inner strength, and feminine essence through guided sound, breathwork, and stillness.



BOOK NOW



Women's Wellness Therapy

Available from 1 – 31 October 2026



This nurturing therapy begins with a thorough cleanse of the décolletage and bust area, followed by a specialized lifting and sculpting bust massage designed to promote a firmer, fuller, and more youthful appearance.

The treatment continues with a holistic womb-care ritual focused on supporting feminine wellness through therapeutic abdominal massage techniques. An abdominal mask enriched with *Curcuma comosa* and a warming ginger massage oil is applied to help relax the body, ease abdominal discomfort, encourage healthy circulation, and support overall women's well-being.

90 minutes per session

Price: HK\$ 2,980



BOOK NOW

How to Achieve a Natural Glow

ALIGN

REFLECT

MANIFEST



Align

Reflex Therapy Integrated with Eastern Healing

7 - 22 December 2026 (By appointment only)

Rooted in the Japanese philosophy of Te A Te (手当て) — “healing through touch” — Mariko Hiyama blends Neuro-Face Reflex Therapy with eastern healing, offering an exclusive Neuro-Face Reflex Therapy Signature Session.

- **Face Reflex Therapy Initial Session**

70 Minutes | HK\$2,880

Personal wellness consultation, full Face Reflex Therapy targeting key reflex points for deep relaxation and balance, plus tailored post-session recommendations

- **Follow-up Session**

60 minutes | HK\$2,480

Builds on progress to support continued wellbeing



BOOK NOW

Reviving Ritual for Energy Balancing

Every Friday & Saturday

Meridian & Fascia Therapy 90 Minutes | HK\$2,980

Master Eric Lee is an award-winning Massage Therapist and Spa Trainer with 30 years of experience; he provides expert deep tissue massage and fascial meridian therapy to enhance circulation, relieve muscle tension, and restore balance.



BOOK NOW

Align





Post- Performance Recovery for Health & Longevity



Align



Every Sunday & Wednesday

The Osteopathic Care 60 Minutes | HK\$2,480

The Integrated Recovery Protocol 90 Minutes | HK\$3,480

Ready to stop just managing symptoms and start truly healing? Hugo (Certified Osteopath D.O.) offers nurturing, hands-on journey that gently realigns and revitalizes the body's musculoskeletal, visceral, and physiological systems for complete harmony and renewed vitality.



BOOK NOW

Tai Chi Meditation Workshop

Master Chen Erhu

21 Nov & 12 Dec |
11:00am – 12:30pm

Price: HK\$1,280

Learn vital breathing techniques, the importance of the lower Dantian, and proper standing posture fundamentals. Master posture adjustments, align breathing with movement, and unlock mind-body harmony to boost Qi circulation.



BOOK NOW

Align





**Deep Release,
Emotional
and Energetic
Recalibration**

Interactive Singing Bowl Workshop

3 October | 12:00pm – 2:00pm

11 November | 6:30pm – 8:30pm

12 December | 12:00pm – 2:00pm

HK\$880 (HK\$780 for members)

Join Sound Healing Master Malbert Lee for an immersive mindfulness workshop exploring the calming benefits of metal singing bowls. Participants will learn basic playing techniques, the bowls' history, and methods for promoting relaxation and inner balance through guided hands-on practice and partner exercises, concluding with a restorative sound bath; all equipment is provided.



BOOK NOW

Reflect



Manifest



Face Yoga for Healthy Sculpted Glow with Maria

3 Oct, 10 Nov & 15 Dec |
6:15pm - 7:15pm

Price: HK\$550

A mindful practice that combines gentle facial exercises, breathwork, and targeted massage techniques to lift, tone, and revitalise the face. This session supports natural definition, improves circulation, and awakens a fresh, sculpted glow from within.



BOOK NOW



Journaling and Manifestation

16 December |
6:30pm – 7:30pm

HK\$550
(HK\$450 for members)

A mindful practice to reflect, reset, and create your most intentional year yet.

Journaling is a powerful self-reflection practice that helps bring clarity to your thoughts, emotions, and aspirations. When combined with manifestation, it allows you to intentionally focus on your goals, align your mindset with your desires, and cultivate a positive vision for the future.



BOOK NOW

Flora guides you to:

1. Reflect & Release

Take a moment to reflect on the year that has passed

2. Manifest & Create

Shift your focus toward the future and what you wish to attract into your life

Manifest



GLOW Schedule

● Mind & Body ● Inner Balance ● Makeup & Beauty

- 1 - 31 Oct - Women's Wellness Therapy
- 7 - 22 Dec - Neuro-face Reflex Therapy with **Mariko Hiyama**
- 1 - 30 Nov - BodyTalk Life Therapy with **Angie Tourani**
- By appointment - TCM Deep Healing with **Grace Yu**
- Every Fri & Sat - Meridian Massage with Fascia Therapy by **Master Trainer Eric Lee**
- Every Sun & Wed - Osteopathic Care with Practitioner **Hugo Dufournet**

Oct 2026

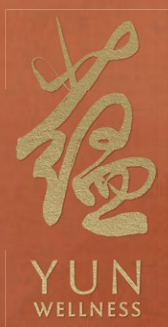
Sun	Mon	Tues	Wed	Thu	Fri	Sat
				1	2	3 Interactive Singing Bowls for Hormonal Balance 
4	5	6 Pink Pilates 	7	8	9	10
11 Recharge in Your Feminine Energy: Sound Healing Journey 	12 Breast Health Movement Workshop 	13 Face Yoga for Healthy & Sculpted Glow 	14	15	16	17 Yoga Stick for Spine Health
18	19	20	21	22 Yin Yoga & Sound Healing	23	24
25	26	27	28	29	30	31 Pink Power Run 

Nov 2026

Sun	Mon	Tues	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10 Face Yoga for a Healthy & Sculpted Glow	11 Interactive Singing Bowls Workshop	12	13	14
15	16	17	18	19	20	21 Advanced Tai Chi Standing Meditation
22	23	24	25	26	27	28
29	30					

Dec 2026

Sun	Mon	Tues	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 Release & Rise Breathwork	8	9	10	11	12 Interactive Singing Bowls Workshop / Advanced Tai Chi Standing Meditation
13	14	15 Face Yoga for a Healthy & Sculpted Glow	16 Journaling and Manifestation	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



LEARN MORE

📷 FOLLOW US
@yunwellness.shangrila