



YUN
WELLNESS



RESET RADIANCE

*A gentle, progressive path to release
built-up tension, recalibrate your inner rhythm,
and realign with nature's cycles.*



POST-PERFORMANCE RECOVERY
FOR HEALTH & LONGEVITY

REVIVING MASSAGE OR
MERIDIAN HEALING SESSION

*Set the
foundation for
deeper reset*

MAINTAIN
MOMENTUM WITH
AQUA PILATES

CULMINATE WITH
SELF-HEALING SOUND
THERAPY

SKIN RITUALS FOR A COMPLETE
MIND-BODY-SPIRIT INTEGRATION

RESET Schedule

Rooting

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

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

Tai Chi Standing Meditation Workshop	29 Aug & 19 Sep
---	----------------------------

Post-Performance Recovery for Health & Longevity Workshop	13 Sep
--	---------------

Tibetan Bowl Sound Therapy	22 Sep
-----------------------------------	---------------

Mid-Autumn Festival Special Crystal Sound Bath	24 Sep
---	---------------

Strength

Outdoor Run Workshop	Every last Saturday of the month
-----------------------------	---

Aqua Pilates	19 Jul; 2, 9 & 23 Aug
---------------------	--------------------------------------

Prep for Summer Body	8 & 22 Aug
-----------------------------	-----------------------

Radiant

Summer Reviving Massage	1 Jul - 30 Sep
--------------------------------	-----------------------

Summer Glow Renewal Package	1 Jul - 30 Sep
------------------------------------	-----------------------

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 therapy to enhance circulation, relieve muscle tension, and restore balance



BOOK NOW





Post- Performance Recovery for Health & Longevity



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

Special Workshop:

Post-Performance Recovery for Health & Longevity Workshop

13 September | 1:30pm - 2:30pm

Price: HK\$550

- Understand the physiological phases of inflammation
- Clinical review of common recovery methods
- Learn to create a functional recovery routine



BOOK NOW

Gentle Release & Rooting Ritual



Tai Chi Meditation Workshop Master Chen Erhu

29 August & 19 September |
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

Self-Healing Tibetan Bowl Sound Therapy with Tsering

22 September |
7:30pm – 8:45pm

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

This powerful sonic meditation 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.



BOOK NOW

Deep release,
emotional
and energetic
recalibration
under the
powerful Full
Moon



Mid-Autumn Crystal Sound Bath

24 September | 7:30pm – 9:00pm

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

Celebrate the serene beauty of the Mid-Autumn season with a deeply restorative crystal sound bath experience guided by Bhakti and Martina Lee. Surrounded by the pure tones of crystal singing bowls and soothing soundscapes, you'll be gently guided into a meditative state where the body can rest, the mind can quiet, and the spirit can realign.



BOOK NOW

Mid-Autumn Festival Special

Strength

Every last Saturday of
the month

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



Monthly Outdoor Run



BOOK NOW

Grow Stronger and Make Room to Rejuvenate

Aqua Pilates

19 July;
2, 9 & 23 August |
9:30am – 10:30am

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



BOOK NOW





Summer Reviving Massage

1 July - 30 September | 90 minutes

Price: HK\$2,850

This 90-minute massage melts away fatigue and restores vitality. Known for its cleansing, energising properties, zesty grapefruit essential oil is paired with warming black pepper to boost circulation and invigorate tired muscles. The balanced treatment detoxifies, invigorates, and leaves the body feeling renewed.



BOOK NOW

Summer Glow Renewal

1 July - 30 September | 2.5 hours

Price: HK\$4,350

Starting with a 90-minute Toning & Draining Body Treatment to improve circulation, remove water retention as well as to sculpt and revitalise the body's contours. Finishing with a 60-minute Radiance Facial, an advanced Swiss skincare treatment powered by cellular ingredients and nourishing actives to deeply hydrate and restore a healthy glow.

Together, the Summer Glow Renewal delivers a refreshed body and a luminous, youthful complexion.



BOOK NOW



RESET Schedule

July 2026

Regular Group Classes

Sun	Mon	Tues	Wed	Thu	Fri	Sat
			1 TRX with Shin	2	3	4
5	6	7 Tibertan Bowl Sound Healing	8	9	10	11 Prep for Summer Body
12	13	14	15 Yoga Wheel	16	17	18
19 Family Yoga & Mindfulness/ Aqua Pilates Fit	20	21 Morning Bliss	22	23	24	25 Outdoor Run
26	27	28	29	30	31	

August 2026

Sun	Mon	Tues	Wed	Thu	Fri	Sat
						1
2 Aqua Pilates Fit	3 Gentle Stretch with Sound Therapy	4	5	6 Vitality Flow	7	8 Prep for Summer Body
9 Aqua Pilates Fit	10	11	12 Yoga Wheel	13	14	15
16	17 Gentle Stretch with Sound Therapy	18	19	20	21	22 Prep for Summer Body
23 Aqua Pilates Fit	24	25	26	27	28 Total Body Strength	29 Tai Chi / Outdoor Run
30	31					

September 2026

Sun	Mon	Tues	Wed	Thu	Fri	Sat
		1	2 TRX	3	4	5
6	7 Alignment Flow	8	9	10	11 Mindful Stretch with Sound Healing	12
13 Post-Performance Recovery for Health & Longevity	14	15	16 TRX	17	18	19 Advanced Tai Chi Standing Meditation
20	21	22 Full Moon Tibetan Bowl Healing	23	24 Mid-Autumn Crystal Sound Bath	25	26
27	28 Alignment Flow	29	30 TRX Core & Burn			



LEARN MORE

📱 FOLLOW US
@yunwellness.shangrila