

Chuan Global Wellness Week 2023



Locations	Saturday, 10 June	Sunday, 11 June	Monday, 12 June	Tuesday, 13 June	Wednesday, 14 June	Thursday, 15 June	Friday, 16 June
The Langham, Hong Kong	Dance Magenta Flow	No Gear Cardio	Yoga Flow	Boxing and Kickboxing	Mash Up Workout	LIFT Workout	Meditation & Breath Work
Cordis, Hong Kong	Dance Magenta	Animal Flow	HITT	Yoga	Singing Bowl	Yoga	TCM doctor workshop Chuan Breathing exercise & Ear Auricular Therapy
The Langham, Shanghai, Xintiandi	Dance Magenta Zumba	Meditation	HITT	Stretching	Aromatic Pillow Mist Workshop	Yoga Class	Chuan Breathing exercise & Ear Auricular Therapy
Cordis, Shanghai, Hongqiao	Dance Magenta	Pool Side Yoga	Running Club	Tai Chi Class	DIY Aroma Sachet	Water Aerobic	Chuan Breathing exercise & Ear Auricular Therapy
The Langham, Shenzhen	Dance Magenta	Flower Arrangement	Pool Side Yoga	Climbing Mountain-YangTaiShan	Singing Bowl Meditation	Swimming Class	Chuan Breathing exercise & Ear Auricular Therapy
Langham Place, Guangzhou	Dance Magenta Zumba	Jing Tea Tasting	Neck and Shoulder Massage	Stretching Exercise	Guasha Trail	Yoga Meditation	Chuan Breathing exercise & Ear Auricular Therapy
Langham Place, Ningbo	Dance Magenta	Sunset Yoga	Body Exercising Stretching	Sunset Yoga	Shoulder and Neck Experience	Tai Chi Class	Chuan Breathing exercise & Ear Auricular Therapy
Langham Place, Xiamen	Dance Magenta	Sunset Yoga	Boxing	Sunset Body Stretching	Journey of Chuan 5 Elements Oil	Water Aerobic	Chuan Breathing exercise & Ear Auricular Therapy
The Langham, Haikou	Dance Magenta Jazz	Find Your Elements	Hand Retreat	Soothing Bath	Neck, Back & Shoulder Relaxation	Swimming course	Chuan Breathing exercise & Ear Auricular Therapy
The Langham, Hefei	Dance Magenta Jazz	Hatha Yoga	HITT	Tai-Chi classes	Body Stretching	Water Aerobic	Chuan Breathing exercise & Ear Auricular Therapy
Cordis, Dongqian Lake, Ningbo	Dance Magenta Square Dancing	Yoga Meditation	Boxing	Sunset Body Stretching	Massage Oil Class	Exercise in Water	Chuan Breathing exercise & Ear Auricular Therapy
Cordis, Hangzhou, Sci-Tech City	Dance Magenta Zumba	Yoga	Night Running	Sunset Stretching	Meditation	Swimming Instruction	Chuan Breathing exercise & Ear Auricular Therapy
Langham Place, Changsha	Funky Dance	Meditation	Hotel jogging	Sunset Stretching	Shoulder Therapy	Swimming Class	Chuan Breathing exercise & Ear Auricular Therapy
The Langham, London	Dance Magenta	Singing Bowl	Wellness Talk with Professor Ke	Stretching	Massage Oil Sampling	Water Aerobic	Chuan Breathing exercise & Ear Auricular Therapy
The Langham, Huntington, Pasadena, Los Angeles	Dance Magenta	Guided Meditation	HIIT Workout	Restorative Yoga	Aromatic Massage Oil Workshop	Poolside Tai Chi	Chuan Breathing exercise & Ear Auricular Therapy
The Langham, Chicago	Elemental Yoga Dance Cardio Drumming	Crystal Bowl Sound Meditation Yin Yoga	Adrenaline Circuit Training Gua Sha & Skin Care Education	Elemental Tea Tasting Sunset Yoga	Glutes of Gold Elemental Mixology	City Walk Meditation Chuan Spa Sleep Tips	Yin Yoga Chuan Breathing exercise & Ear Auricular Therapy
The Langham, Sydney	Dance Magenta Zumba	Morning Stretch	Wellness Treats	Meditation	Walking Club	Sleep well tips by Aromatherapy	Chuan Breathing exercise & Ear Auricular Therapy
The Langham, Melbourne	Dance Magenta	Wellness Treat	Walk The Tan	Zero to Hero	Sleep Well	Morning Stretch	Chuan Breathing exercise & Ear Auricular Therapy
Cordis, Auckland	Dance Magenta Zumba Dance	Yoga Chuan Ear Auricular Therapy	Cardio Workout Chuan Breathing Exercise Sunset body stretching	Yoga Body Detoxification Sunset Body Stretching	Yoga Skin Journey Sunset Body Stretching	Yoga Medication - Trio bath ritual Sunset Body Stretching	Chuan Breathing exercise & Ear Auricular Therapy
The Langham, Gold Coast	Dance Magenta Zumba	Yoga	HITT	Tai Chi Class	Massage Oil Workshop	Aqua Yoga	Chuan Breathing exercise & Ear Auricular Therapy
The Langham, Jakarta	Dance Magenta	Singing Bowl Meditation	Pound Fit Unplugged	Mat Pilates	Chuan DIY Pillow Mist	Aqua Zumba/ Aquarobic	Chuan Breathing exercise & Ear Auricular Therapy