

# Chuan 'Global Wellness Day' Week 2026



Locations	Saturday, 13 June Joy Magenta	Sunday, 14 June Joy In Gratitude	Monday, 15 June Joy Through Connection	Tuesday, 16 June Joy Through Creativity	Wednesday, 17 June Joy In Movement	Thursday, 18 June Joy Through Sleep	Friday, 19 June Joy In Motion
<a href="#">The Langham, Hong Kong</a>	Chillax & Chuan Spa at AIA Vitality Hub Full-Body Circuit Training	Core Power & Stability Workshop	HIIT Training	Bodyweight Strength Training	Postural Correction Workshop	Active Recovery & Mobility Flow	Thai Kickboxing Workshop
<a href="#">Cordis, Hong Kong</a>	Chillax & Chuan Spa at AIA Vitality Hub Chuan Breathing Ritual Tai Chi Class	Sunset Yoga	Chuan Breathing Ritual Tai Chi Class	Aqua Yoga	Chuan Breathing Ritual Tai Chi Class	Stretching Class	Singing Bowl
<a href="#">The Langham, Shanghai, Xintiandi</a>	Pilates Stretching Class	Five Elements Tea Experience	HIIT Class	Chuan Breathing Ritual	Sunset Yoga	Meditation	Flow Yoga
<a href="#">Langham Place, Guangzhou</a>	Joy Magenta Zumba Fiesta	Lululemon X Joy Magenta: Together We Rise – 100 Yogis, One Community	Chuan Neck & Shoulder Massage Ear Auricular Therapy Trial	Life Fitness Stretching	Chuan Breathing Ritual	Chuan 5 Elements Gua Sha Trial	Meditation Yoga
<a href="#">Langham Place, Ningbo</a>	Chuan Breathing Ritual	Five Elements Tea Experience	Chuan Pilates	Indoor Cycling	Therapeutic Yoga	Core Strength Workshop	Chuan Breathing Ritual
<a href="#">Langham Place, Xiamen</a>	Boxing Class	Meditation	Community Wellness Activities	Chuan Body Stretching Class	Yin Yoga	Singing Bowl	Water Aerobic
<a href="#">The Langham, Hefei</a>	Stretching Class	Zumba Class	Body Stretching Workshop	Eight Trigrams Boxing	Sunset Yoga	Body Combat Workout	Sound Healing Workshop
<a href="#">The Langham, London</a>	Energy & Mood Boost Workout with Charlie Knight	Gratitude Nature Walk	Self Care Workshop	Mandala Decorating 5 Elements Bath Salt Making Workshop	Joy in Movement – Park Run	Joy Through Sleep with Nancy Trueman	Somatic Movement Experience
<a href="#">The Langham, Huntington, Pasadena, Los Angeles</a>	Meditation	Sculpt Flow Yoga	Intention Setting	Aromatherapy Enhancement	Functional Fitness	Aromatherapy Workshop	Gentle Flow Yoga with Green Juice
<a href="#">The Langham, Chicago</a>	Chuan Therabody Recovery Experience	Reiki Journey of Gratitude Meditation Class	Mat Pilates	Tranquil Connection Sound Journey Joy in Motion Vinyasa	Creative Flow Yin Yoga Elemental Mixology	Sunset Yoga	Meditation and Movement Candlelight Yoga
<a href="#">The Langham, Sydney</a>	Chuan Breathing Ritual	Wellness Snacks & Brewed Tea Ear Auricular Therapy	Walk & Stretch Along Barangaroo	Aqua Sculpt Floating Pilates	Aqua Sculpt Floating Pilates	Singing Bowl	Aqua aerobics
<a href="#">The Langham, Melbourne</a>	Morning Meditation Chuan Breathing Ritual	Wellness Snacks, Fruits & Brewed Tea	Pilates Mat Class	Pilates Mat Class	Stretching Workshop	Ear Auricular Therapy	Morning Meditation Chuan Breathing Ritual
<a href="#">Cordis, Auckland</a>	Sunrise Morning Flow Yoga	Sunrise Morning Flow Yoga Skin Consultation Chuan Ear Auricular Therapy	Skin Consultation Nellie Tier Foot Therapy	Chuan Scalp Massage Chuan Yu Gua Sha Workshop	Chuan Breathing Ritual Chuan Scalp Massage	Chuan Yu Gua Sha Workshop Chuan Ear Auricular Therapy	Sunrise Morning Exercise Skin Consultation
<a href="#">The Langham, Gold Coast</a>	Pilates Stretching Class Technogym Wellness Checkup	Outdoor Yoga & Journaling	Zumba Class	Aromatherapy Workshop	Chuan Breathing Ritual on the Beach	Meditation for Better Sleep with Ear Auricular Therapy	Cardio Drumming
<a href="#">The Langham, Jakarta</a>	Technogym Workout	Sunday Morning Run	Ear Auricular Therapy Five Elements Tea Experience	Aquamat Pilates at Infinity Pool	Batik Heritage Workshop with Consort Batik	Wind-Down Ritual with Narciso Rodriguez	Cardio Drumming