

Chuan Global Wellness Week 2024



Locations	Saturday, 8 June	Sunday, 9 June	Monday, 10 June	Tuesday, 11 June	Wednesday, 12 June	Thursday, 13 June	Friday, 14 June
The Langham, Hong Kong	Pranayama Breathing	Natural Smoothies	Stretching Class "Assess Your Flexibility in 15 mins"	Cardio Workout "15 minute Nonstop Cardio Burner"	Cardio Workout "Box Fit 20 mins"	Meditation "Meditations for beginners creativity"	Ujjayi Breathing
Cordis, Hong Kong	Chuan Breathing Ritual	Gong Bath	Morning Stretching	Yoga Class	Totebag DIY	Singing Bowl	Chuan Breathing Ritual Yoga Class
The Langham, Shanghai, Xintiandi	Chuan Breathing Ritual	Healthy Menu	Jogging Club	Sunset yoga	Herbs Planting	Singing Bowl	Chuan Breathing Ritual
Cordis, Shanghai, Hongqiao	Chuan Breathing Ritual	Light & Colourful Breakfast	City Cycling	Poolside Yoga	Body Stretching	DIY Trousers Clip	Chuan Breathing Ritual
The Langham, Shenzhen	Chuan Breathing Ritual	British Black Tea Tasting	Pool Side Yoga	Swimming Tips	Flower Class	Singing Bowl Meditation	Chuan Breathing Ritual
Langham Place, Guangzhou	Chuan Breathing Ritual	Jing Tea Tasting	Chuan Stretching	Chuan Pilates	TCM Workshop Trails	Yoga Meditation	Chuan Breathing Ritual
Langham Place, Ningbo	Chuan Breathing Ritual	Five Elements Tea Experience	Sunrise Yoga	Sunset Yoga	DIY-Herb Salt Scrub	Meditation	Chuan Breathing Ritual
Langham Place, Xiamen	Chuan Breathing Ritual	Taste Chuan Five Elements Tea	Chuan Body Stretching	Chuan Sunset Yoga	Clothing Storage Course	Meditation	Chuan Breathing Ritual
The Langham, Haikou	Chuan Breathing Ritual	Fresh Green Juice with Treatment	Morning Jogging	Swimming Course	TCM Experience	Yoga	Chuan Breathing Ritual
The Langham, Hefei	Chuan Breathing Ritual	Journey to wellness	Sunrise Yoga	Sunset Tai Chi	Spring Planting	Raja yoga	Chuan Breathing Ritual
The Langham, London	Chuan Breathing Ritual Gua Sha Face Massage Practice	Elemental Herbal Tea Tasting	Salute the Sunrise	Sunset Meditation	Enjoy Nature Around Us	Be the Nature - Mindful Practices	Chuan Breathing Ritual
The Langham, Huntington, Pasadena, Los Angeles	Chuan Breathing Ritual	No Bake Pre-Workout Cookie	Sunrise Yoga in the Horseshoe Garden	Sunset Reset	Aroma-therapy Workshop	Meditation	Chuan Breathing Ritual
The Langham, Chicago	Chuan Breathing Ritual Elemental Yoga on the Plaza Cardio Drumming on the Plaza Qi Gong and Color Meditation	Crystal Bowl Sound Meditation Yin Yoga Elemental Tea Tasting	Morning Barre Code on the Plaza	Sunset Sound Meditation	Chuan Gua Sha Education & Skin Care Tips DIY Elemental Mixology	Swarovski Crystal Ear Auricular Therapy	Chuan Breathing Ritual Yin Yoga
The Langham, Sydney	Chuan Breathing Ritual	Wellness Sncaks and Brewed Tea Yoga by Nice	Wellness Sncaks and Brewed Tea	Outdoor Stretching x Technogym	Arts Session	Mindful Stretching	Chuan Breathing Ritual
The Langham, Melbourne	Chuan Breathing Ritual	Healthy Treats by Chuan	Chuan Pilates Postural Awareness Meditation	Pilates Core Strengthening Meditation	DIY Vietnamese Paper Rolls	Chuan Pilates Postural Awareness Meditation	Chuan Breathing Ritual
Cordis, Auckland	Chuan Breathing Ritual Skin Journey Ear Auricular Therapy	Ear Auricular Therapy	Sunrise Morning Flow Yoga Chuan Breathing Ritual Sunset Body Stretching	Sunrise Morning Flow Yoga Chuan Breathing Ritual Sunset Body Stretching	Organic Skin Care Candle Making Sunset Body Stretching	Learn to Massage Meditation/ Trio Bath Ritual	Chuan Breathing Ritual Skin Journey Ear Auricular Therapy
The Langham, Gold Coast	Chuan Breathing Ritual	Boost up in Chuan Spa	Meditation/ Yoga Class with Mila King	Nature Beach Walk	Qi Beauty Workshop	Sound Healing Meditation	Chuan Breathing Ritual
The Langham, Jakarta	Chuan Breathing Ritual Yoga by GudangGudang Yoga (ft. Anjasmara)	Raw Cooking Class & Healthy Corner at Tom's	Aqua Yoga with Alder	Mat Pilates	DIY Nature Scents Class	Sound Healing Meditation	Chuan Breathing Ritual Technogym Circuit Training