

# World Wellness Week 2025



Locations	Friday, 19 September	Saturday, 20 September	Sunday, 21 September
<a href="#">The Langham, Hong Kong</a>	HIIT Workout	Bodyweight Training	Body Stretching
<a href="#">Cordis, Hong Kong</a>	Body Stretching	Sunset Yoga	Tai Chi
<a href="#">The Langham, Shanghai, Xintiandi</a>	Moon Light Yoga	Sound Healing	Chuan Ear Auricular Therapy
<a href="#">Cordis, Shanghai, Hongqiao</a>	Hatha Yoga	Body & Mind Balancing	Tabata Workout
<a href="#">Langham Place, Guangzhou</a>	Chuan Breathing Ritual	Chuan Pilates	Chuan Ear Auricular Therapy
<a href="#">Langham Place, Ningbo</a>	Chuan Ear Auricular Therapy	Chuan Shoulder and Neck Massage	Chuan Five Elements Tea Experience
<a href="#">Langham Place, Xiamen</a>	Chuan Cookie Treat	Yoga Meditation	Chuan Five Elements Tea Experience
<a href="#">The Langham, Hefei</a>	Body Stretching	Chuan Shoulder and Neck Massage	Yoga Meditation
<a href="#">Cordis, Dongqian Lake, Ningbo</a>	Mindful Walking	Tai Chi - Baduanjin	Chuan Neck & Shoulders Massage
<a href="#">The Langham, London</a>	Chuan Auricular Sleep Therapy	HQ Juices Tasting	Flower Seeding
<a href="#">The Langham, Huntington, Pasadena, Los Angeles</a>	Circuit Boot Camp Class	Tea Blending Activation	Wellness Mocktail Hour
<a href="#">The Langham, Chicago</a>	Good Pharma Tea Tasting Candlelight Yoga	Mat Pilates Elemental Mixology	Crystal Singing Bowl Sound Meditation
<a href="#">The Langham, Sydney</a>	Wellness IV Drips Talk Chuan Mini Massage	Chuan Breathing Ritual	Mindful Eating Chuan Ear Auricular Therapy Aqua Aerobics
<a href="#">The Langham, Melbourne</a>	Rejuvenating Workout	Chuan Ear Auricular Therapy	Chuan Breathing Ritual
<a href="#">Cordis, Auckland</a>	Chuan Breathing Exercise Skin Journey with OBSERV 320 Chuan Sleep Matters Ear Auricular Therapy	Morning Flow Yoga Skin Journey with OBSERVE 320 Chuan Sleep Matters Ear Auricular Therapy	Morning Flow Yoga Skin Journey with OBSERVE 320 Chuan Sleep Matters/Ear Auricular Therapy
<a href="#">The Langham, Gold Coast</a>	Chuan Ear Auricular Therapy Wellness Booster Beverage	Tavalon Tea Tasting	Rejuvenating Meditation Wellness Booster Beverage
<a href="#">The Langham, Jakarta</a>	Mindful Stretching Refreshment Indonesian Jamu Herbal Drink & Healthy Cookies	Core Harmony - Mat Pilates for Strength & Balance	Chuan Ear Auricular Therapy Chuan Five Elements Tea Tasting