

# 冬日静心 五类平衡工坊

## Serene Winter The Five Elements Balance and Wellness Workshop



时间 Time	周一至周五 Mon.to Fri.	周六 Sat.	周日 Sun.
07:30-08:00	芳香呼吸 Aromatic Breathing 空中花园 3F Interior Terrace	芳香呼吸 Aromatic Breathing 空中花园 3F Interior Terrace	芳香呼吸 Aromatic Breathing 云端空间 11F Above the Clouds
08:30-09:30	哈他瑜伽 Hatha Yoga 空中花园 3F Interior Terrace	拜日式瑜伽 Sun Salutations 空中花园 3F Interior Terrace	拜日式瑜伽 Sun Salutations 云端空间 11F Above the Clouds
09:30-10:30		易筋经 Traditional Stretching 空中花园 3F Interior Terrace	八段锦 Eight-Step Workout 空中花园 3F Interior Terrace
10:30起	<p>睡眠修复   压力修复   免疫修复 (3选1) 德国Rayonex修复疗程 能量补充工坊 · 1F 能量中心 Healing Centre</p> <p>五项疗愈配方   母体深睡 Wastu   普拉提 Pilates   颂钵音疗 Singing Bowl Sound Therapy   琴床深睡 Sleep Enhancement   太空漂浮 Floating Therapy</p> <p>五项疗愈配方为1V1课程, 详情可致电酒店进行购买预约</p> <p>二次能量检测 Aura Chakra Retest 1F 能量中心 Healing Centre</p>		
11:00-11:40			亲子身心瑜伽 Family Yoga 衡悦心舍 M Healing Touch Centre - M Floor
11:00-11:45			芳香音疗 Aromatherapy 云端空间 11F Above the Clouds
12:00-12:30	颂钵秀 Singing Bowl Show LG1 中庭水池 Atrium	颂钵秀 Singing Bowl Show LG1 中庭水池 Atrium	颂钵秀 Singing Bowl Show LG1 中庭水池 Atrium
14:00-14:30		曼陀罗唱诵 Chanting Meditation 衡悦心舍 M Healing Touch Centre - M Floor	曼陀罗唱诵 Chanting Meditation 衡悦心舍 M Healing Touch Centre - M Floor
16:00-16:45	唱诵音疗 Chant Sound Therapy 云端空间 11F Above the Clouds	芳香音疗 Aromatherapy 衡悦心舍 M Healing Touch Centre - M Floor	唱诵音疗 Chant Sound Therapy 云端空间 11F Above the Clouds
16:00-17:30		小小陶艺家 Children's Pottery LG1 和鸣厅 Meeting Room 1	
17:00-17:30	颂钵秀 Singing Bowl Show LG1 中庭水池 Atrium	颂钵秀 Singing Bowl Show LG1 中庭水池 Atrium	颂钵秀 Singing Bowl Show LG1 中庭水池 Atrium
17:45-18:15	气场解析 Aura Energy Analysis 衡悦心舍 M Healing Touch Centre - M Floor	气场解析 Aura Energy Analysis 衡悦心舍 M Healing Touch Centre - M Floor	气场解析 Aura Energy Analysis 衡悦心舍 M Healing Touch Centre - M Floor
20:00-20:30	正念冥想 Positive Meditation 衡悦心舍 M Healing Touch Centre - M Floor	阴瑜伽 Yin Yoga 衡悦心舍 M Healing Touch Centre - M Floor	正念冥想 Positive Meditation 衡悦心舍 M Healing Touch Centre - M Floor
21:00-21:30	深睡工坊 Sleep Enhancement 云端空间 11F Above the Clouds	深睡工坊 Sleep Enhancement 衡悦心舍 M Healing Touch Centre - M Floor	深睡工坊 Sleep Enhancement 云端空间 11F Above the Clouds

工坊须知: 1. 请在课程开始前10分钟到达, 迟到不允许进入教室。2. 孕妇不建议参加; 醉酒者不可参加。3. 具体课程以酒店当日实际安排为准。4. 儿童不满12岁不建议参加成人课程。

Workshop Observations: 1. Please arrive 10 minutes before the session begin. Late arrival may not be admissible. 2. Pregnant woman are not recommended to participate; Guest with excessive alcohol consumption is not recommended to participate. 3. Specific workshops are subject to the actual arrangements of the hotel. 4. Children under 12 years old are not recommended to participate in adult workshop.