

THE PENINSULA  
HONG KONG

# Life Lived Best

Renewal Day Retreat  
22 April 2023, Saturday



## Kundalini Yoga and Sound Meditation Workshop

by **Malbert Lee, Gong Meditation Master**

Awaken your inner peace with gentle yoga movements to improve circulation and boost energy from the root of spine to the crown of head. Followed by meditation with sound healing instruments, you will be immersed in the waves of vibrations, refreshing and recharging your body and mind.



## Aqua Bag Workout Workshop

by **John Chan, Aqua Bag Trainer**

Enjoy strength and resistance training with a fluid aqua bag, a fun and innovative alternative to weights and dumbbells. Build your muscles and challenge yourself to control every rep with the aqua bag for an ultimate full-body instability training.



## Holistic Sound Healing Workshop

by **Clara Chung, Vocal Sound Healer**

Clear your negative energy and build your inner strength with an invigorating meditation and sound healing experience. Relax, rejuvenate, and celebrate your new inner freedom as you embark on a spiritual awakening journey.



## Healthy Cooking and Beverage Making Class

by **Terence Chiu, Executive Sous Chef and François Cavalier, Head Mixologist at The Peninsula Hong Kong**

Experience a healthy culinary journey in a relaxing environment with our Executive Sous Chef and Head Mixologist. This class is designed to share healthy eating philosophy and cooking techniques to preserve nutrients of each ingredient.

Priced at \$ 1,980 per person

For enquiries and reservation, please contact our spa team at +852 2696 6682 or email [spahk@peninsula.com](mailto:spahk@peninsula.com)

Price is in Hong Kong dollars and subject to 10% service charge

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22 April 2023, Saturday

**Arrival and Registration**

8:30 am – 8:45 am

27/F, China Clipper

**Kundalini Yoga and Sound Meditation Workshop**

by Malbert Lee

8:45 am – 9:45 am (60 minutes)

27/F, Helipad

**Aqua Bag Workout Workshop**

by John Chan

10:00 am – 11:00 am (60 minutes)

7/F, Sun Terrace

**Naturally Peninsula Lunch**

11:15 am – 12:45 pm (90 minutes)

8/F, The Pool

**Holistic Sound Healing Workshop**

by Clara Chung

1:00 pm – 2:30 pm (90 minutes)

7/F, Garden Suite

**Healthy Cooking and Beverage Making Class**

by Terence Chiu and François Cavalier

2:30 pm – 4:00 pm (90 minutes)

7/F, Sun Terrace

**Thermal Facilities Access**

4:00 pm – 9:30 pm

7/F, Fitness Centre and 8/F, The Pool