

Chuan “Global Wellness Day” Week 2025



Locations	Saturday, 14 June	Sunday, 15 June	Monday, 16 June	Tuesday, 17 June	Wednesday, 18 June	Thursday, 19 June	Friday, 20 June
The Langham, Hong Kong	Technogym & Chuan Spa at AIA vitality Hub	Stretching Class	Cardio Workout	Cardio Workout	Foam Roller Stretching	Chuan Meditation	Fit Ball Training
Cordis, Hong Kong	Technogym & Chuan Spa at AIA vitality Hub	Chuan Breathing Ritual & Tai Chi Class	Aqua Yoga	Chuan Breathing Ritual & Tai Chi Class	Sunset Yoga	Singing Bowl Meditation	Sunset Yoga
The Langham, Shanghai, Xintiandi	Technogym Stretching	Healthy Menu	Sound Healing	Water Yoga	Nature Walk and environmental Clean-up	Singing Bowl	Outdoor Chuan Breathing Ritual
Cordis, Shanghai, Hongqiao	Aquatic Movement Therapy	Floating Sound Therapy	Grassland Frisbee	Hatha Yoga	Body Awakening	Badminton	Mindfulness Meditation
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 Herbal Salt Scrub	Chuan Meditation	Chuan Breathing Ritual
Langham Place, Xiamen	Chuan Breathing Ritual Journey (At Wuyuanwan Wetland Park)	Chuan Meditation	Chuan Facial & Body Gua Sha Workshop	KMY YOGA	Community Wellness Workshop	Chuan Body Stretching	Chuan Breathing Ritual Journey
The Langham, Hefei	Chuan Breathing Ritual	Journey to Wellness Healthy F&B	Sunrise Yoga	Sunset Tai Chi	Spring Planting	Raja Yoga	Chuan Breathing Ritual
The Langham, London	Technogym Workout	Gua- Sha Face Massage Workshop	Elemental Herbal Tea Tasting	Salute the sunrise Workout	Sunset Meditation	Cycling Tour Through London's Historic Parks	Mindful Coloring, Painting, Meditation Workshop
The Langham, Huntington, Pasadena, Los Angeles	Technogym Workout	Energize with Healthy F&B	Chuan Gua-Sha Workshop	Reconnecting Hiking	Community Wellness Event	Improve Your Health, Wellbeing & Mobility with Chuan	Chuan Breathing Ritual
The Langham, Chicago	The Pink Run	Crystal Singing Bowl Sound Meditation	Petals and Pilates	Cardio Drumming on the Plaza	Qi Gong and Color Meditation	Adrenaline Circuit Training	Candlelight Yoga
The Langham, Sydney	Outdoor Chuan Breathing Ritual	Wellness Snacks, Element Tea & Ear Auricular Therapy	Sound Healing	Aqua Aerobics	Stretching by Technogym Educator and Personal trainer	Mindful Yoga	Outdoor Chuan Breathing Ritual
The Langham, Melbourne	Technogym Workout	Healthy Treats by Chuan	Facial Guasha Self Massage Workshop	Stretching Workshop	Fitness Challenge: Yoga & Mindfulness session	Sleep Better: Ear Auricular Therapy	Morning Chuan Breathing Ritual
Cordis, Auckland	Chuan Breathing Exercise Skin Journey Experience Chuan Ear Auricular Therapy	Sunrise Morning Flow Yoga Nellie Tier Workshop	Learn to Massage Chuan Yu Gua Sha Workshop	Sunrise Morning Flow Yoga Skin Journey Experience Chuan Ear Auricular Therapy	Skin Journey Experience Chuan Brand Workshop	Sunrise Morning Flow Yoga Chuan Ear Auricular Therapy	Chuan Breathing Exercise Skin Journey Experience Breathing technique to Sleep
The Langham, Gold Coast	Drumming	Yoga	Sound Healing	Paint & Sip Art	Nature Walk & Beach Clean Up	HITT Fitness Workout	Chuan Breathing Ritual
The Langham, Jakarta	Power & Tone Fusion by Technogym	DIY Smoothie Bowl	Chuan Spa Facial Gua Sha Experience	Aqua Beats: Zumba Moves in the Water	Discover the Art of Jamu	BarreCORE By Soulbox: Strengthen, sculpt & sweat	Sunset Soul Flow: Vinyasa Yoga & Chuan Breathing Ritual