
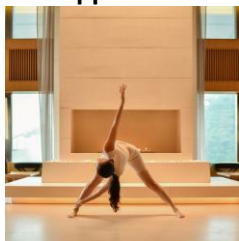


“Wellness To Go” at Pacific Place and Starstreet Precinct


Classes and workshops details



Brands	Class details
<p>lululemon</p>  <p>Venue: Pacific Place Wellness Event Space*</p>	<p>Fluid X Training 13 July 2024, Sat 9:30am (1.5 hours)</p> <p>18 July 2024, Thu 7:00pm (1.5 hours) <i>English</i></p> <p>The Fluid X training class powered by lululemon offers a dynamic workout experience using aqua bags designed to add fun and excitement to your routine. They provide a full-body workout to test your balance, strength, and coordination.</p>
<p>PURE Yoga</p>  <p>Venue: Pacific Place Wellness Event Space*</p>	<p>Gentle Flow 13 July 2024, Sat 12:15pm (1 hour 15 minutes) <i>Bilingual</i></p> <p>The experience in this class is one of fluidity and motion. Poses are generally held for short periods of time, and emphasis is placed on the rhythm of breathing with the purpose of aligning and focusing the mind.</p> <p>Yoga with Therapy Balls 17 July 2024, Wed 6:15pm (1 hour 15 minutes) <i>Bilingual</i></p> <p>This self-massage class will relieve muscle tension, reduce stress, enhance breathing, and improve circulation in the body with the use of yoga therapy balls.</p> <p>Yoga Lamba 20 July 2024, Sat 12:45pm (1 hour 15 minutes) <i>Bilingual</i></p> <p>During this class, a yoga stick is used for support and leverage to increase mobility and flexibility, while improving postural alignment and brain-eye coordination.</p> <p>Yoga for Office Workers 24 July 2024, Wed 6:15pm (1 hour 15 minutes) <i>Bilingual</i></p> <p>This healing class is specifically tailored to help office workers relax the</p>

	<p>mind and restore the body.</p> <p>Yoga for Shoulder and Neck Relaxation 27 July 2024, Sat 12:45pm (1 hour 15 minutes) <i>Bilingual</i></p> <p>This healing practice is focused on rehabilitating the shoulders and neck. Alignment and detailed instructions are combined with specific poses designed to release tension, improve posture, increase mobility and aid muscle recovery.</p> <p>Relaxing Yoga with Singing Bowls 31 July 2024, Wed 6:15pm (1 hour minutes) <i>Bilingual</i></p> <p>During this specialised class, students will experience the powerful resonance of Alchemy Crystal Singing Bowls while being guided in meditation.</p>
<p>The Upper House</p>  <p>Venue: 49/F, Sky Lounge, The Upper House</p>	<p>GOOD Yoga Class in the Sky Lounge with Individual Consultation 16 July 2024, Tues 6:30pm (1 hour) <i>English</i></p> <p>GOOD yoga classes offer an opportunity to explore the body and mind in a safe, supported environment. Each class focuses on fundamental poses that make up a well-rounded yoga practice.</p>


*Address of Pacific Place Wellness Event Space: Shop A, Ground Floor, Tung Hey Building, Nos. 14/16 & 20 Queen's Road East, Hong Kong

Beauty and Lifestyle

Brands	Class details [#]
<p>Fleuria Venue: Shop 143, Level L1</p> 	<p>Coffee Tasting Workshop 20 & 21 July 2024, Sat & Sun 2:00pm (1 hour) <i>Bilingual</i></p> <p>Embark on a sensory journey through the art of coffee cupping in this introductory workshop. Dive into the world of aroma, acidity, body, and flavour as you sample a range of curated coffees.</p>

	<p>Floral Arrangement Workshop 27 & 28 July 2024, Sat & Sun 2:00pm (1 hour) <i>Bilingual</i></p> <p>Unleash your creativity with Fleuria's floral workshop. Learn basic techniques for designing your own unique arrangement with seasonal blooms and floral foam in a vase. Bring home a lovely desktop floral display bursting with joy!</p>
<p>JOYCE Beauty Venue: Shop 152, Level L1</p> 	<p>Make-up Class 12, 13, 22, 23, 29 & 30 July 2024 12:00pm – 7:00pm (1 hour) <i>Bilingual</i></p> <p>Join this Summer Flawless No Makeup Makeup Workshop! JOYCE Beauty's advisors will learn about your skincare routine and makeup preferences, and guide you to create your own perfect natural look for the season.</p>

Food and Beverages

Brands	Class details
<p>Matchali</p>  <p>Venue: G/F, 5 Moon Street, Wanchai</p>	<p>Matcha Whisking Workshop 28 & 31 July 2024, Sun & Wed 10am (1 hour) <i>English</i></p> <p>Get to know the ins and outs of matcha from talented Matcharistas, who whisk your favourite drinks to perfection daily. This Matcha Whisking Workshop is a definitive guide to matcha's history, culture, and vast health benefits.</p>