

8:00 AM	THE POWER OF YOUR BREATH ERIN SANDRAL	DeRUCCI
10:00 AM	WOMEN WELLNESS FESTIVAL LAUNCH REAL TALK: WELLNESS, FRIENDSHIP & EMPOWERMENT FOUNDERS	
11:00 AM	PANEL: IS AGE REVERSAL REAL? HOSTED BY SHVETA LABS	shvetā labs
12:00 PM	PANEL: RISING THROUGH THE STORM: DISCOVERING CLARITY AND COURAGE IN ADVERSITY	
12:45 PM	POWERING THE FUTURE: BMW EV	
1:15 PM	BREAKING BARRIERS: FROM BURNOUT TO BALANCE WHILE BUILDING MY DREAM BUSINESS RAJA JESRINA ARSHAD	
2:00 PM	REWIRING YOUR NERVOUS SYSTEM SARAH NOOR	
3:00 PM	REIKI: CONNECTING TO THE LIGHT WITHIN KOMATHY MOGAN-GANESAN	
4:00 PM	FEEL AMAZING AT WORK RAMYA RAGUPATHI	
4:30 PM	THE LONGEVITY PRESCRIPTION: MINDSET AS MEDICINE DR. JADE KUA	
5:00 PM	DEBLOAT & RESET: UNLOCKING THE SECRETS OF A HEALTHY GUT AMANDA TEH	
5:30 PM	WHAT YOUR SKIN REVEALS ABOUT YOUR INNER HEALTH DR KATHRYN KOH	
6:00 PM	HORMONES IN BALANCE: LIVING WELL WITH PCOS DR SHARAN KAUR	
6:30 PM	BREATHING THROUGH, BREATHING IN HANSEN LEE	DeRUCCI
7:30 PM	CELEBRATE HER: ECSTATIC DANCE VARIN GILL	
8:30 PM	JUST STORIES: SISTERHOOD IN THE SHEETS JASMINE KING	

8:00 AM

PARTNER WORKOUT: MOVE TOGETHER, GROW TOGETHER
LINORA LOW & JACQIE TAN (SHE COLLECTIVE)



9:00 AM

MOBILITY YOGA FLOW BY KIT | KIT LIM

9:00 AM

WALKING INTO AWARENESS | JANEL TAN (PJ COLLECTIVE)

10:00 AM

ALLISHA'S PILATES & STRENGTH FUSION
ALLISHA AZLAN (LEAN WELLNESS CENTER)

11:00 AM

THE REAL YOU IN FOCUS | GRACE TAN (STORIES)

12:00 PM

WONDER HER: MEET HER | JOANNE WONG & MELISSA PEREIRA

1:00 PM

YIN, NIDRA AND SOUND JOURNEY | SHERIZA FAZLEEN (SAGES)

2:00 PM

BOOTY POPPIN' | YI PING TEO (PWRHOUSE)

3:00 PM

MOVE, SWEAT, SMILE | MARISSA PARRY & NADIRA HAMDAN



4:00 PM

TRIPLE A: ARMS, ABS AND A\$\$ | DIANE CHIA & MILAD MOJARRAB

5:00 PM

HEART OPENING SOUND JOURNEY | JUNE TEE (OMMOSAPIENS)

PLUS ALL-DAY ICE BATH EXPERIENCE BY WARRIOR PLUNGE

* **ELEVATE PASS REQUIRED | REGISTER AT PARC COUNTER**

POWERED BY:

shveta labs **DeRUCCI**



satu creative

epic



SUPPORTED BY:

YAYASAN

9:00 AM	SLOW FLOW AND SOUND KIT YIN	
10:00 AM	GROUND & GLOWING: RECLAIM HER PRESENCE AISSA	
11:00 AM	A STATE OF RELEASE MAYBELLINE WONG	
12:00 PM	WHAT IT MEANS TO BE A WOMAN MELISSA INDOT	
1:00 PM	REDISCOVERING SELF: A JOURNALING WORKSHOP JOANNE WONG	
2:00 PM	THE ART OF DEEP CONNECTION MELISSA TAN	
3:30 PM	WOMEN'S CIRCLE : BELONG SARAH LIAN (SUPPARETREAT)	
5:00 PM	THE ART OF WELLBEING SHALINI ANNE	
6:00 PM	LIVE ALIVE: A CREATIVE MOVEMENT AND VOICE JOURNEY GRACE NG	
7:00 PM	X.O.X.WAG EXOTIC LAP DANCE QUYNH DINH (BOBBI'S POLE STUDIO)	
8:00 PM	LIFE FORCE AWAKENING: A KUNDALINI ACTIVATION JOURNEY JENNY LIEW	

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