

YOGA RETREAT AT BAR ROUGE

Disconnect to reconnect by giving your body and mind the quick reset that it needs; letting go of all the physical, mental and emotional stress from the daily grind.

Led by accredited Yoga, Pilates and Aerial Instructor, Dawn Sim (*right*), embark on a journey of self-discovery with a new community of like-minded people in this half day retreat. Through the tailored sessions of yoga practice, sound baths, myofascial release, aromatherapy, nutrition talk and healthy lunch, say hello to a rejuvenated, revived and reborn 'new' self at the end of this needfully therapeutic retreat.



Details

Date: 20 November 2020, Friday

Time: 8am to 4pm

Instructor: Dawn Sim

Venue: [Bar Rouge, Level 71, Swissôtel The Stamford](#)

Programme

Time	Duration	Event
8am - 8:30am	30mins	Arrival & Registration
8:30am - 9am	30mins	Orientation & Introduction
9am - 10:30am	1.5hrs	Morning Yoga Practice¹
10:30am - 11am	30mins	Soundbath Session 1²
11am - 11:30am	30mins	Break/Freshen Up
11:30am - 12:30pm	1hr	Workshop - Healthy Eating³
12:30pm - 2pm	1.5hrs	Healthy Lunch
2pm - 2:30pm	30mins	Myofascial Release⁴
2:30pm - 4pm	1.5hrs	Aromatherapy Yoga⁵ & Soundbath Session²₆

Event Description

1. Morning Yoga Practice: Beginner friendly, sunrise yoga practice that helps to awaken the body, improve circulation and energy levels, and helps the body be more supple and flexible. This session is helpful for those with aches and pains to be able to find more freedom in movement.
2. Soundbath Session 1: A healing session that uses vibration from the sound made by metal bowls and a gong. Participants will not be required to move and will be lying down instead. The morning practice will help them be able to lie on their backs with more ease and comfort.

3. Workshop - Healthy Eating: Learn how to eat for optimum health, to facilitate the healing ability of the body, and to improve energy levels. This is suitable for those who seek guidance on how to eat better to feel at their best, instead of eating to feel full.
4. Myofascial Release: Lacrosse balls will be used to massage different areas of the body to help release tension in the connective tissues. This form of tension release is both an alternative and complement to stretching of the muscles.
5. Aromatherapy Yoga: Participants will be guided through a simple yoga practice, where there will be use of essential oils to help become more conscious about the breath. Essential oils have healing benefits that can improve the quality of the practice.
6. Soundbath Session 2: This session explores healing through sounds made by crystal bowls and metal bowls, and the focus is more on being aware of the sound.

Fees & Contacts

Book by 6 November 2020 and enjoy Early Bird Rate of S\$158+ per adult. Bookings made after 6 November 2020 will be at S\$189+ per adult.

[BOOK ONLINE](#)

For more information, please contact us:

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Email: willowstream.enquiries@fairmont.com

Terms & Conditions

- Fees stated are subject to 7% GST.
- Participants need to be 18 years old and above.
- Participants need to be in Sportswear and Yoga Wear. Please bring along a jacket or shawl as the venue may be cold.
- Participants may bring their own personal Yoga Mats.
- Towels and Water will be provided
- All participants are required to have their temperature checked, and check in and out via the Safe Entry QR Code before entry into the building and at the entrance of Bar Rouge.
- Participants will be denied entry if :
 - ✓ Serving a Quarantine Order or Stay-Home Notice
 - ✓ Have been in close contact with any individual(s) who has/have been confirmed or suspected* to have COVID-19 infection in the last 14 days;
 - ✓ Pending results for COVID-19 tests*
 - ✓ Feeling unwell with fever (with temperature more than 37.9°C) and/or flu like symptoms (e.g. cough, runny nose and shortness of breath).
- We seek the cooperation of all participants to practise safe social distancing of 1metre between individuals during the event
- Please have a light breakfast and arrive by 8am for registration
- Willow Stream Spa team will be in touch with you via email or phone by 10 Nov 2020 regarding your dietary requirements for the event.