



THE PULI
HOTEL AND SPA

WELL-KEND AT THE PULI 璞麗周末健康计划

Unlock your inner vitality with a new series of wellness sessions at The PuLi, ranging from mind-calming yoga, core-strengthening pilates to energetic boxing, designed to promote overall wellbeing.

入住静谧怡人的璞麗酒店，在美好的周日上午参加一系列健康运动课程，包括平和身心的瑜伽、灵动趣味的尊巴、动感十足的拳击等等，用运动唤醒身心能量，开启活力四射的一天。

Every Sunday 10:00 - 11:00

逢周日上午 10:00 - 11:00

Classes are complimentary to in-house guests and UR SPA members.

Due to limited availability of spaces, please make prior reservations at least one day in advance. The seat is available on a first come first serve basis.

For full schedule and enquiries, please call 021-2216 6895 or email healthclub@thepuli.com.

该系列课程专供酒店住客及瑶水疗会员参加。

因课程人数有限，烦请最少提前一天预约参加，先到先得。

如欲了解完整课程安排及更多信息，请致电酒店康乐中心021-2216 6895，或发送邮件至 healthclub@thepuli.com。



The PuLi Hotel and Spa 璞麗酒店

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WELL-KEND AT THE PULI

璞麗周末健康计划

WELLNESS CLASS SCHEDULE 健康运动课程日程安排

Every Sunday 每周日 10:00 - 11:00 Venue: Level 3 地点: 酒店三楼	9/5 Flow 流瑜伽 Level 级别: 2	9/12 Modern Dance 现代舞 Level 级别: 2	9/19 Stretch 静态拉伸 Level 级别: 1	9/26 Boxing 拳击 Level 级别: 3
	10/3 Hatha Yoga 哈他瑜伽 Level 级别: 1	10/10 Tai Chi 太极 Level 级别: 1	10/17 Nada Yoga 音疗瑜伽 Level 级别: 1	10/24 Gentle Flow 柔和流 Level 级别: 2
10/31 Boxing 拳击 Level 级别: 3	11/7 Nada Yoga 音疗瑜伽 Level 级别: 1	11/14 Zumba 尊巴舞蹈 Level 级别: 2	11/21 Flow 流瑜伽 Level 级别: 2	11/28 Ballet 芭蕾 Level 级别: 2

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WELLNESS CLASS INTRO 健康运动课程简介

Zumba / 尊巴舞蹈

11/14

Zumba is a healthy and fashionable fitness class evolved from dance. It combines various South American dance forms such as samba, chacha, salsa, reggae, flamenco and tango. A 60-minute Zumba fitness class is divided into several stages with different rhythms and intensities. Even people without dancing foundation can get relaxation and fun.

尊巴舞蹈是一种健康时尚的健身课程，它是由舞蹈演变而来的一种健身方式，它融合了桑巴、恰恰、萨尔萨、雷鬼、弗拉门戈和探戈等多种南美舞蹈形式。一节60分钟的尊巴健身课分成节奏强度不同的几个阶段，即便没有任何舞蹈基础的人，也可以得到放松和乐趣。

Tai Chi / 太极

10/10

Tai Chi is to clarify the process of the universe from Wu Ji to Tai Chi, and even the transformation of all things. The essence of Tai Chi is the mutual change between Yin and Yang, movement and stillness, and virtuality and reality. Always being in a state of changing - opening and closing, and the balance must be observed, "No more no less, follow the way it come."

太极即是阐明宇宙从无极而太极，以至万物化生的过程。太极的精髓即是处于阴阳、动静、虚实之间的相互变化。而其奥秘则在于永远处于变通开合状态。这种状态，必须遵守平衡，“无过不及，随曲就伸”。

Modern Dance / 现代舞

9/12

As an opposite form from classical ballet, modern dance began to develop in the early 1900s. It evolved as a protest against the balletic and the interpretive dance traditions of the time. A modern class not only can help you to learn dance movement, but also help to release stress and express yourself.

现代舞是20世纪初在西方兴起的一种与古典芭蕾相对立的舞蹈派别，美学观点是反对古典芭蕾的因循守旧、脱离生活和单纯追求技巧的形式主义倾向。通过现代舞可以学习舞蹈技巧，也有助疏解压力，释放自我。

Ballet / 芭蕾

11/28

An European classical dance form. Rooted in Italian Renaissance, the popularity of ballet grew from France in the late 1600s. One of the most significant characteristics of ballet is the relevé pas, the reason why it was also being named toe dance.

欧洲古典舞蹈。芭蕾舞孕育于意大利文艺复兴时期，十七世纪后半叶开始在法国发展流行并逐渐职业化，在不断革新中风靡世界。芭蕾舞最重要的一个特征即女演员表演时以脚尖点地，故又称脚尖舞。

Boxing / 拳击

9/26, 10/31

It is an aerobic exercise, it combines the basic movements of boxing, Muay Thai, Taekwondo, Sanshou, Tai Chi, following the latest aerobics arrangement method, a physical exercise method completed under a strong music beat.

拳击是一种有氧操，结合了拳击、泰拳、跆拳道、散手、太极的基本动作，遵循健美操最新编排方法，在强有力的音乐节拍下完成身体锻炼。

Stretch / 静态拉伸

9/19

Static stretching refers to the use of one's own strength or body weight to stretch the muscle along the direction of the muscle fibers. When the muscle is stretched to a certain degree of tension, it is maintained for 15-30 seconds, then relaxed, and repeated 2-3 times. Move slowly, don't make your muscles feel painful, and cooperate with your breathing to further elongate your muscles when you exhale. The posture is a whole.

静态拉伸是指利用自身力量或体重将肌肉顺着肌纤维的走向拉长，当肌肉拉伸到一定的紧张度时，维持15-30秒，放松，重复2-3次。拉伸时动作尽量慢，不要让肌肉感受到疼痛，配合呼吸，在呼气时进一步把肌肉拉长，体态是一个整体。

Nada Yoga / 音疗瑜伽

10/17, 11/7

Sound Therapy Yoga - About 70% of the human body is composed of water. The sound from the sound bowl is a regular vibration, which can directly bring people into a state of tranquility and relaxation.

人体约70%是由水分组成。音钵发出的声响，是一种有规律的振动，可直接使人进入安宁放松的状态。

Hatha Yoga / 哈他瑜伽

10/3

According to the requirements of yoga posture on the flexibility and strength of the body, Hatha Yoga teaching is divided into elementary, intermediate and advanced. Through the combination of pranayama and posture, body movement yoga exercises can achieve the effect of fitness.

根据瑜伽体位对身体柔韧度和强度的要求，哈他瑜伽教学被分为初级、中级、高级，通过调息和体位相结合的体动瑜伽练习，达到健身的功效。

Flow Yoga / 流瑜伽

11/21

A type of Yoga that combines breathing and flowing asanas. Yoga asanas closely match each breath during the entire process of starting to inherit. It focuses on body stretching, strength, flexibility, endurance, balance, and concentration exercises. The intensity of flow Yoga can be adjusted based on practitioners' condition.

将呼吸和流动体式相结合的瑜伽类型。瑜伽体式在开始转承完成的整个过程中紧密配合呼吸。注重肢体的伸展性、力量性、柔韧性、耐力、平衡性及专注力练习。流瑜伽的强度可以根据习练者的状态进行调整。

Gentle Flow / 柔和流

10/24

Gentle flow helps practitioners improve physical strength and flexibility, and improve the symptoms of stiffness. Limb balance exercises, upper body balance training, core strength training, buttocks and legs lifting, together can help the body build strength, tap potential, improve mobility and flexibility, and strengthen physical endurance. It is an exercise that improves the coordination of the body's muscles throughout the body.

柔和流课程能帮助提高身体力量和灵活性，改善僵硬症状等。肢体平衡练习等元素，上肢平衡训练，核心训练，臀腿提升，集中一起能够帮助身体建立力量，挖掘潜力，提高移动性和灵活性，加强身体耐力，是一项提高人体全身肌肉协调性的运动。