

WELLNESS RETREAT 上海璞麗康体课程

Immerse yourself in a diverse wellness journey within our urban oasis, featuring dynamic fitness, mindful breathing, and meditation classes designed to restore your natural balance and rhythm.
在都会桃源中开启身心焕活之旅, 课程涵盖活力运动与呼吸冥想等多元项目, 助您重拾从容节奏。

Available exclusively to in-house guests and Wellness members.

本课程仅对酒店住客及康体会员开放。

Advance booking (one day prior) is required. | 敬请提前一天预约

Wellness Center | 康体中心: T: 021-2216 6895 | E: healthclub@thepuli.com

1/4 Zumba 尊巴舞蹈	1/6 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈	1/8 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈	1/11 Hatha Yoga 哈他瑜伽
1/13 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈	1/15 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈	1/18 Nada Yoga 音疗瑜伽	1/20 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈
1/22 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈	1/25 Boxing 搏击课	1/27 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈	1/29 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈

10:00 - 11:00 Dynamic Fitness 综合课程
07:30 - 08:00 Morning Awakening 晨间唤醒
12:30 - 13:00 Midday Meditation 午间冥想
20:00 - 20:30 Sound Healing 声音疗愈

Venue: Level 3 地点: 酒店3楼



THE PULI SHANGHAI

1 Changde Road, Jing'an District, Shanghai 200040 China

T +86 21 3203 9999 www.thepuli.com/shanghai

上海璞麗 中国上海静安区常德路1号 邮政编码200040

