

# THE PULI

SHANGHAI

## 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

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|--------------------------------------------------------------------------------|--------------------------------------------------------------------------------|-------------------------------------------------------------------------------|-------------------------------------|
| 2/1<br>Flow<br>流瑜伽                                                             | 2/3<br>Morning Awakening 晨间唤醒<br>Midday Meditation 午间冥想<br>Sound Healing 声音疗愈  | 2/5<br>Morning Awakening 晨间唤醒<br>Midday Meditation 午间冥想<br>Sound Healing 声音疗愈 | 2/8<br>Zumba<br>尊巴舞蹈                |
| 2/10<br>Morning Awakening 晨间唤醒<br>Midday Meditation 午间冥想<br>Sound Healing 声音疗愈 | 2/12<br>Morning Awakening 晨间唤醒<br>Midday Meditation 午间冥想<br>Sound Healing 声音疗愈 | 2/15<br>Nada Yoga<br>音疗瑜伽                                                     | 2/22<br>Self-weight Fitness<br>自重训练 |
| 2/24<br>Morning Awakening 晨间唤醒<br>Midday Meditation 午间冥想<br>Sound Healing 声音疗愈 | 2/26<br>Morning Awakening 晨间唤醒<br>Midday Meditation 午间冥想<br>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

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