

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

7/2 Thursday 周四 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈	7/5 Sunday 周日 Zumba 尊巴舞蹈	7/7 Tuesday 周二 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈	7/9 Thursday 周四 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈
7/12 Sunday 周日 Stretch 静态拉伸	7/14 Tuesday 周二 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈	7/16 Thursday 周四 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈	7/19 Sunday 周日 Boxing 搏击课
7/21 Tuesday 周二 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈	7/23 Thursday 周四 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈	7/26 Sunday 周日 Nada Yoga 音疗瑜伽	7/28 Tuesday 周二 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈
7/30 Thursday 周四 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



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

T +86 21 3203 9999 F +86 21 3251 8989 www.thepuli.com/shanghai

中国上海静安区常德路1号 邮政编码 200040



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8/2 Sunday 周日 Self-weight Fitness 自重训练	8/4 Tuesday 周二 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈	8/6 Thursday 周四 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈	8/9 Sunday 周日 Flow 流瑜伽
8/11 Tuesday 周二 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈	8/13 Thursday 周四 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈	8/16 Sunday 周日 Hatha Yoga 哈他瑜伽	8/18 Tuesday 周二 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈
8/20 Thursday 周四 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈	8/23 Sunday 周日 Nada Yoga 音疗瑜伽	8/25 Tuesday 周二 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈	8/27 Thursday 周四 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈
8/30 Sunday 周日 Zumba 尊巴舞蹈			

10:00 - 11:00 Dynamic Fitness 综合课程
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9/1 Tuesday 周二 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈	9/3 Thursday 周四 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈	9/6 Sunday 周日 Boxing 搏击课	9/8 Tuesday 周二 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈
9/10 Thursday 周四 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈	9/13 Sunday 周日 Stretch 静态拉伸	9/15 Tuesday 周二 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈	9/17 Thursday 周四 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈
9/20 Sunday 周日 Self-weight Fitness 自重训练	9/22 Tuesday 周二 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈	9/24 Thursday 周四 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈	9/27 Sunday 周日 Nada Yoga 音疗瑜伽
9/29 Tuesday 周二 Morning Awakening 晨间唤醒 Midday Meditation 午间冥想 Sound Healing 声音疗愈			

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