

### Dedicated to inspire fulfilling lives

Asaya is a thoughtfully designed lifestyle community for you to nourish, learn and grow, encouraging restoration and enjoyment. Led by world-class experts, we understand and meet the ever-changing needs and desires of today through five distinct wellness pillars: Emotional balance, fitness and nutrition, physical therapies, skin health and community.

# A WELLBEING LIFESTYLE COMMUNITY



Asaya lifestyle focuses on unlocking the unlimited possibilities of wellbeing through our pillars of wellness and It is centred around positive growth and selfawareness within an inclusive and relaxed environment.

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### JOURNEY TO SELF-DISCOVERY

From physical movement to emotional and mental balance, we are for those seeking to connect and support - to inspire a journey of self-discovery.



### LARGEST WELL-BEING DESTINATION IN HONG KONG

Occupying 3,716 square metres (40,000 square feet) and nestled in the heart of Rosewood Hong Kong, Asaya beckons with thoughtful, innovative programming and matchless amenities. As Hong Kong's largest well-being destination, Asaya offers guests an unparalleled approch to well-being; redefining perspectives to guide our guests to their highest potential.

## INFINITY POOL OVERLOOKING

### VICTORIA HARBOUR

#### Dr Tal Friedman N.D.

Asaya's Resident Practitioner for all things Physiological. Using Naturopathy and Kinesiology as his area of expertise, he can guide guests to live a healthy, fulfilling life by balancing the body's internal processes though natural remedies.

## DEDICATED ANCHOR COACH

#### Kit Shum

Asaya's Resident Mindfulness Practitioner, who is also a registered yoga teacher and expressive arts therapist. Kit passionately supports mental health concerns, trauma, substance abuse and children with special educational needs.

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### EXCLUSIVE VISITING PRACTITIONER WORKSHOPS

#### **PAST WORKSHOPS:**

Holistic Sound with Shane Aspegren Conscious Parenting with Sonia Samtani Hacking Life, the Eastern Way with Maggie Huh Reveal Your Purpose with Life Coaching with Amy Fung Discover the science and lost art of breathwork with Brian Lai Becoming a Confident Sexual Communicator with Sara Tang

Private bookings also available during workshop period.

#### ASAYA VISITING PRACTITIONERS



Certified sex coach and educator. Sara is most passionate about helping people in becoming more connected and confident with their sexuality. Her coaching approach is results-oriented, motivational, educational and holistic. She gives clients practical tools and evidence-based techniques to help them achieve their goals.



With over 10 years of experience in the fittess industry. Dan focuses on building clients mental fitness which is the combination of nealth, physical ability and of course building the mind. By using this approach, his clients are able to take what is learned in the gym and apply it to everyday situations.



BRIAN LAI

The first certified instructor of the Wim Hof Method in Asia. Brian discovered breathwork while on a journey to improve several health and performance issues of his own and is now on a mission to help the people of Hong Kong and Asia live better by breathing better.



#### SONIA SAMTANI

Founder and CEO of All About You, a leading nental wellness centre in Hong Kong offering therapy, training, workshops, and personalised healing products. Sonia is a licensed Clinical Hypnotherapist and Hypnotherapy instructor, Healer and Regression Therapist.



Victor is a sought-after yoga teacher in Asia and Europe and has run over 50 yoga workshops, retreats and teacher trainings. He's also a long-time Lululemon Ambassador and has twice been selected as one of "Top 10 Yoga Teachers" by Hong Kong Tatler.





#### **KIRSTEEN THAIN**

Former Nike Ambassador and Nike Training Club Coach, Kirsteen knows first-hand the transformative power of strength training. She uses a combination of dieting, weight and resistance training to help you unlock your full potential.



#### SARA KALMETA

A coach and wellness practitioner who is passionate about building resilience and cultivate awareness. Through 1-1 coaching sessions, online programs and other practices like meditation, Reiki and Yoga, Sarah helps you navigate life's changes and embrace emotional mastery, healthy boundaries and communication.

### SAMPLE EVENTS CALENDAR

MONDAY 31	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4	SATURDAY 5	SUNDAY 6
	Kirsteen Thain 1-1 Period	Kirsteen Thain 1-1 Period	Sunday Riley Instagram Live with Divia Harilela			
7	8	9	10	11	12	13
			Alex Herrera Press Workshop		Global Wellness Day Event	
14	15	16	17	18	19	20
		Carlyle & Co Expressive Arts Therapy Workshop	Dialogue with the Stars			Victor Chau Yoga Workshop
21	22	23	24	25	26	27
Victor Chau 1-1 Period	Victor Chau 1-1 Period	Victor Chau 1-1 Period	Shamanic Healing Workshop Victor Chau 1-1 Period	Victor Chau 1-1 Period Sabrina 1-1 Period	Victor Chau 1-1 Period Sabrina 1-1 Period	Sabrina 1–1 Period
28	29	30				
Sabrina 1-1 Period	Sabrina 1-1 Period	Rare SkinFuel Launch Event Sabrina 1-1 Period				

With over 35 well-being classes per week across Morning Yoga, Functional Fitness, Mobility, Calisthenics, Expressive Arts and Sound Healing. Hosted by our Resident Practitioners and community of fitness instructors.

## DYNAMIC ASAYA ACTIVE FITNESS FACILITIES

#### ΤΗΕ Α ΤΕΑΜ





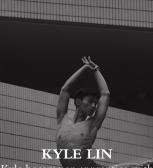
#### LUIS TORRES

Born in Mayaguez, Puerto Rico, Luis R. Torres was previously the Ballet Master with Les Ballets Jazz De Montréal. He has enjoyed an extensive dance career with Ballet Arizona, Ballet Theatre of Maryland and The Washington Ballet, where he performed as a Soloist and Principal Dancer.

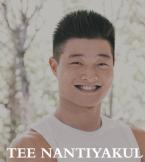


#### **IONATHAN SPIGNER**

Jonathan trained at the South Carolina Governor's School of Arts and Humanities and at Académie Princesse Grace in Monte Carlo. He joined Hong Kong Ballet and was named Soloist in 2021. He ssumed the additional role of Pilates Instructor for HKB in 2017



Kyle became an apprentice with Columbia Classical Ballet and later graduated on full scholarship from The Hong Kong Academy for Performing Arts. Kyle joined Hong Kong Ballet as a Corps de Ballet member in 2017.



Growing up a multi-sport athlete and having served in the Thai military, Tee shares his pursuit of holistic health and longevity through yoga, calisthenics, and meditation. Get stronger efficiently, learn smarter movement habits and improve your quality of life.



She has developed a training style that takes care of your body while strengthening your fitness. An infusion of Barre & Pilates combines deep muscle stimulation, with dynamic movement and strength building.



**JESSICA BURROWS** Born in Stouffville, Canada, and graduated from Canada? National Ballet School and danced with The National Ballet of Canada before joining Hong Kong Ballet in 2010. Jessica was named Soloist in 2021.

#### SAMPLE CLASS CALENDAR

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5	SATURDAY 6	SUNDAY 7
Aerial Stretch (45)* <i>Siena   7:30 a.m.</i> Harbour Studio	Morning Flow (45) <b>*</b> <i>Meagan</i>   7:30 a.m. Harbour Studio	Morning Flow (45)* Goni   7:30 a.m. Harbour Studio	Morning Flow (45)* Goni   7:30 a.m. Harbour Studio	Rise & Shine (45)* <i>Victor</i>   7:30 a.m. Harbour Studio		
Morning Flow (45) Goni   10 a.m. Harbour Studio	Vinyasa Bliss (45) <i>Meagan   10 a.m.</i> Harbour Studio	Hybrid Foundations (45) <i>Gabriel   10 a.m.</i> Fitness Centre	Vinyasa Bliss (45) <i>Goni   10 a.m.</i> Harbour Studio	Stretch & Grow (45) <i>Victor</i>   10 a.m. Harbour Studio	Urban Dance Cardio (45) <i>Utah   10 a.m.</i> Harbour Studio	Cardio Ignite (45) Terry   10 a.m. Fitness Centre
Classic Barre Sculpt (45) <i>Jessica W</i>   <i>12 p.m.</i> Harbour Studio	Cindy's Bootcamp (45) <i>Cindy</i>   12 p.m. Fitness Centre	Classic Barre Sculpt (45) <i>Jessica W</i>   12 p.m. Harbour Studio	Mobility (45) Cindy   12 p.m. Harbour Studio	Classic Barre Sculpt (45) <i>Jessica W</i>   <i>12 p.m.</i> Harbour Studio	Dynamic Stretch (45)* <i>Utah   11 a.m.</i> Harbour Studio	Power Hour (45)* Terry   11 a.m. Fitness Centre
Barre Pilates Infusion (45) <i>Jessica W   1 p.m.</i> Harbour Studio	Expressive Dance (45) <i>Kit   1 p.m.</i> Harbour Studio	Barre Pilates Infusion (45) <i>Jessica W   1 p.m.</i> Harbour Studio	Abs Focus (45) <i>Janice</i>   <i>1 p.m.</i> Harbour Studio	Abs Focus (45) <i>Janice</i>   <i>1 p.m.</i> Harbour Studio	Expressive Dance (45)* <i>Kit</i>   12:30 p.m. Harbour Studio	Abs Focus (45) <b>*</b> <i>Janice</i>   <i>12 p.m.</i> Harbour Studio
Power Flow (45) <i>Victor</i>   <i>6:30 p.m.</i> Harbour Studio	Calisthenics (45) <i>Tee</i>   <i>6:30 p.m.</i> Fitness Centre	HIIT (45) Quentin   6:30 p.m. Fitness Centre	Urban Dance Cardio (45) <i>Utah   6:30 p.m.</i> Harbour Studio	Flow Yoga (45) <i>Meagan   6:30 p.m.</i> Harbour Studio	Aerial Stretch (45) <b>*</b> <i>Siena   3:00 p.m.</i> Harbour Studio	Calisthenics (45)★ <i>Tee</i>   <i>3 p.m.</i> Fitness Centre
Stretch & Grow (45)* Victor   7:30 p.m. Harbour Studio	Mat Pilates (45)* Jon   7:30 p.m. Harbour Studio	TRX (45)* <i>Quentin   7:30 p.m.</i> Harbour Studio	Dynamic Stretch (45)* <i>Utah</i>   7:30 p.m. Harbour Studio		HIIT (45) Quentin   5:30 p.m. Fitness Centre	Ladder Flow (45) <i>Tee</i>   <i>5:30 p.m.</i> Harbour Studio

Overlooking Asaya's glittering infinity pool, the Glass House is a Member's Lounge and multi-functional event space - A stunning choice for wellness workshops, panels and bespoke events.

### COMMUNITY SPACE

### THE ASAYA RETAIL GALLERY

Designed to bring in our local business partners that shares our values - The Asaya Gallery is home to a myriad of thoughtfully curated artisan brands, each with their own story to tell.



#### Home Rituals

"Dream Lifestyle" pop-up retail experience featuring the exclusive debut of Hong Kong sustainable lifestyle products; and the inspirational Dream Apartment model home space styled as a cocoon of well-being.

#### Bimbo Concepts

A special curation of its famous sustainable children brands, inclduing interactive experiences for children such as flower crownmaking workshops and a nail-painting bar.

#### Connecting For India x Saloni

Bringing in a symphony of colours and texture, this pop-up harnessed the power of connection and camaraderie in support of communities in India.

### POP-UP WITH PURPOSE

# JOIN THE ASAYA LIFESTYLE COMMUNITY

See Pricing

Enquire Now

Click Below To

#### asaya

6/F rosewood hong kong. victoria dockside. 18 salisbury road. tsim sha tsui. kowloon. hong kong

t. +852 3891 8588 hongkong.asayamembership@rosewoodhotels.com