



# WELLNESS CLASSES

asaya

*May 2025*

Designed for the committed fitness enthusiast, Asaya draws on the expert knowledge of our trainers as well as our state-of-the-art facilities.

Join our inclusive community and experience a series of thoughtfully designed well-being classes to nurture your physical, emotional and spiritual health.

*Book Now*

# Wellness Classes May 1 - 4

			THURSDAY 1	FRIDAY 2	SATURDAY 3	SUNDAY 4
				7:30 am Morning Yoga Meagan  Harbour Studio	8:30 am Strengthen & Stretch Rainbow  Harbour Studio	7:30 am Alignment Yoga Rainbow  Harbour Studio
				8:30 am Hatha Yoga Meagan  Harbour Studio	9:30 am Pranayama & Meditation Rainbow  Harbour Studio	8:30 am Yin Yoga & Reiki Healing Rainbow  Harbour Studio
			12 pm Mat Pilates (Beginners)) Cobe  Harbour Studio	12 pm Yogalates Ankie  Harbour Studio	10:30am Slow Flow Yoga Janet  Harbour Studio	10 am Relax & Restore Janet  Harbour Studio
			1 pm Mat Pilates (Intermediate) Cobe  Harbour Studio	1 pm Restorative Yoga Ankie  Harbour Studio	11:30 am Yin Yang Yoga Janet  Harbour Studio	11 am Mindful Stretch & Energy Healing Janet  Harbour Studio
			6 pm Relax & Restore Janet  Harbour Studio	6 pm Heart Opening Flow Yoga Janet  Harbour Studio	4 pm Sculpt & Tone Acton  Fitness Centre	4 pm Sculpt & Tone Acton  Fitness Centre
			7 pm Mindful Stretch & Energy Healing Janet  Harbour Studio	7 pm Yin Yoga Janet  Harbour Studio	5 pm Cardio Ignite Acton  Fitness Centre	5 pm Cardio Ignite Acton  Fitness Centre

Terms and Conditions:

- Maximum capacity of 7 guests per class.
- Complimentary classes for Asaya Members of Rosewood Hong Kong.
- Advanced reservation is required.

asaya

45 minutes for each Section

# Wellness Classes May 7 - 11

MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9	SATURDAY 10	SUNDAY 11
7:30 am Power Yoga Rainbow  Harbour Studio	7:30 am Ying Yang Yoga Kit  Harbour Studio	7:30 am Vinyasa Bliss Ankie  Harbour Studio	7:30 am Hatha Yoga Kit  Harbour Studio	7:30 am Sculpt & Tone Acton  Fitness Centre	8:30 am Strengthen & Stretch Rainbow  Harbour Studio	7:30 am Morning Yoga Rainbow  Harbour Studio
8:30 am Breathwork & Meditation Rainbow  Harbour Studio	8:30 am Meditation Kit  Harbour Studio	8:30 am Restorative Yoga Ankie  Harbour Studio	8:30 am Silk Fan Dance Kit  Harbour Studio	8:30 am Stretching Kit  Harbour Studio	9:30 am Pranayama & Meditation Rainbow  Harbour Studio	8:30 am Breathwork & Meditation Rainbow  Harbour Studio
12 pm Yin Yang Yoga Kit  Harbour Studio	12 pm Vinyasa Bliss Ankie  Harbour Studio	12 pm Hatha Yoga Meagan  Harbour Studio	12 pm Yogalates Ankie  Harbour Studio	12 pm Ying Yang Yoga Janet  Harbour Studio	12:30 pm Yin Yang Yoga Kit  Harbour Studio	10 am Relax & Restore Janet  Harbour Studio
	1pm Restorative Yoga Ankie  Harbour Studio	1pm Flow Yoga Meagan  Harbour Studio	1pm Restorative Yoga Ankie  Harbour Studio	1pm Slow Flow Yoga Janet  Harbour Studio	1:30 pm Wheel Yoga Kit  Harbour Studio	11 am Mindful Stretch & Energy Healing Janet  Harbour Studio
6 pm ABS & Butt Pilates & Reformer for Intermediate Cobe  Social house	6 pm Relax & Restore Janet  Harbour Studio	6 pm Yin Yoga Janet  Harbour Studio	6 pm Mat Pilates (Beginners)) Cobe  Harbour Studio	6 pm Power Yoga Rainbow  Harbour Studio	4 pm , 5 pm Sculpt & Tone , Cardio Ignite Acton  Fitness Centre	4 pm Sculpt & Tone Acton  Fitness Centre
7 pm Full body Pilates & Reformer for Intermediate Cobe  Social house	7 pm Mindful Stretch & Energy Healing Janet  Harbour Studio	7 pm Slow Flow Yoga Janet  Harbour Studio	7 pm Mat Pilates (Intermediate) Cobe  Harbour Studio	7 pm Pranayama & Meditation Rainbow  Harbour Studio	6:30pm – 8pm Full Moon Yoga 90 mins Rainbow  6/F Asaya pool	5 pm Cardio Ignite Acton  Fitness Centre

Terms and Conditions:

- Maximum capacity of 7 guests per class.
- Complimentary classes for Asaya Members of Rosewood Hong Kong.
- Advanced reservation is required.

asaya

45 minutes for each Section , Full Moon Yoga 90 mins.  
“Full Moon Yoga” Fee : \$380 for Asaya Members, in house guests , Residence  
Guests and Carlyle and Co Members

# Wellness Classes May 12 - 18

MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16	SATURDAY 17	SUNDAY 18
7:30 am Hatha Yoga Ankie  Harbour Studio	7:30 am Vinyasa Bliss Meagan  Harbour Studio	7:30 am Morning Yoga Kit  Harbour Studio	7:30 am Vinyasa Bliss Ankie  Harbour Studio	7:30 am Sculpt & Tone Acton  Fitness Centre	8:30 am Flow and Tone Rainbow  Harbour Studio	7:30 am Alignment Yoga Rainbow  Harbour Studio
8:30 am Get Lean Nesta  Fitness Centre	8:30 am Relax & Restore Meagan  Harbour Studio	8:30 am Wheel Yoga Kit  Harbour Studio	8:30 am Restorative Yoga Ankie  Harbour Studio	8:30 am Relax & Restore Meagan  Harbour Studio	9:30 am Alignment Yoga Rainbow  Harbour Studio	8:30 am Yin Yoga & Reiki Healing Rainbow  Harbour Studio
12 pm Heart Opening Flow Yoga Janet  Harbour Studio	12 pm Yogalates Ankie  Harbour Studio	12 pm Hatha Yoga Meagan  Harbour Studio	12 pm Stretching Kit  Harbour Studio	12 pm Hatha Yoga Ankie  Harbour Studio	10:30 am Yin Yang Yoga Janet  Harbour Studio	10 am Ying Yang Yoga Janet  Harbour Studio
1 pm Yin Yoga Janet  Harbour Studio	1 pm Restorative Yoga Ankie  Harbour Studio	1 pm Restorative Yoga Meagan  Harbour Studio	1 pm Sound Healing Kit  Harbour Studio	1 pm Restorative Yoga Ankie  Harbour Studio	11:30 am Mindful Stretch & Energy Healing Janet  Harbour Studio	11 am Slow Flow Yoga Janet  Harbour Studio
6 pm ABS & Butt Pilates & Reformer for Intermediate Cobe  Social house	6 pm Strengthen & Stretch Rainbow  Harbour Studio	6 pm Abs and Glutes Walter  Fitness Centre	6 pm Mat Pilates (Beginners) Cobe  Harbour Studio	6 pm Get Lean Tricia  Fitness Centre	4 pm Sculpt & Tone Acton  Fitness Centre	4 pm Sculpt & Tone Acton  Fitness Centre
7 pm Full body Pilates & Reformer for Intermediate Cobe  Social house	7 pm Breathwork & Meditation Rainbow  Harbour Studio	7 pm Metabolic Conditioning Walter  Fitness Centre	7 pm Mat Pilates (Intermediate) Cobe  Harbour Studio	7 pm Metabolic conditioning Tricia  Fitness Centre	5 pm Cardio Ignite Acton  Fitness Centre	5 pm Cardio Ignite Acton  Fitness Centre

Terms and Conditions:

- Maximum capacity of 7 guests per class.
- Complimentary classes for Asaya Members of Rosewood Hong Kong.
- Advanced reservation is required.

asaya

45 minutes for each Section

# Wellness Classes May 19 - 25

MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23	SATURDAY 24	SUNDAY 25
7:30 am Hatha Yoga Ankie  Harbour Studio	7:30 am Morning Yoga Meagan  Harbour Studio	7:30 am Morning Yoga Kit  Harbour Studio	7:30 am Full body Pilates & Reformer for Intermediate Judith  Social house	7:30 am Hatha Yoga Kit  Harbour Studio	8:30 am Strengthen & Stretch Rainbow  Harbour Studio	7:30 am Alignment Yoga Rainbow  Harbour Studio
8:30 am Get Lean Nesta  Fitness Centre	8:30 am Restorative Yoga Meagan  Harbour Studio	8:30 am Wheel Yoga Kit  Harbour Studio	8:30 am Relax & Restore Meagan  Harbour Studio	8:30 am Silk Fan Dance Kit  Harbour Studio	9:30 am Breathwork & Meditation Rainbow  Harbour Studio	8:30 am Yin Yoga & Reiki Healing Rainbow  Harbour Studio
12 pm Hatha Yoga Meagan  Harbour Studio	12 pm Tai Chi Bernard  Harbour Studio	12 pm Heart Opening Flow Yoga Janet  Harbour Studio	12 pm Hatha Yoga Ankie  Harbour Studio	12 pm Yogalates Ankie  Harbour Studio	12:30 pm Yin Yang Yoga Janet  Harbour Studio	10 am Relax & Restore Janet  Harbour Studio
1 pm Restorative Yoga Meagan  Harbour Studio	1 pm Qigong Bernard  Harbour Studio	1 pm Yin Yoga Janet  Harbour Studio	1 pm Restorative Yoga Ankie  Harbour Studio	1 pm Restorative Yoga Ankie  Harbour Studio	1:30 pm Mindful Stretch & Energy Healing Janet  Harbour Studio	11 am Stretch & Sound Janet  Harbour Studio
6 pm ABS & Butt Pilates & Reformer for Intermediate Cobe  Social house	6 pm Flow and Tone  Rainbow Harbour Studio	6 pm Stretching Kit  Harbour Studio	6 pm Mat Pilates (Beginners)) Cobe  Harbour Studio	6 pm Get Lean Tricia  Fitness Centre	4 pm Sculpt & Tone Acton  Fitness Centre	4 pm Sculpt & Tone Acton  Fitness Centre
7 pm Full body Pilates & Reformer for Intermediate Cobe  Social house	7 pm Pranayama & Meditation Rainbow  Harbour Studio	7 pm Sound Healing Kit  Harbour Studio	7 pm Mat Pilates (Intermediate) Cobe  Harbour Studio	7 pm Metabolic conditioning Tricia  Fitness Centre	5 pm Cardio Ignite Acton  Fitness Centre	5 pm Cardio Ignite Acton  Fitness Centre

Terms and Conditions:

- Maximum capacity of 7 guests per class.
- Complimentary classes for Asaya Members of Rosewood Hong Kong.
- Advanced reservation is required.

asaya

45 minutes for each Section

# Wellness Classes May 26 - 31

MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30	SATURDAY 31	
7:30 am Hatha Yoga Ankie  Harbour Studio	7:30 am Hatha Yoga Kit  Harbour Studio	7:30 am Yogalates Ankie  Harbour Studio	7:30 am Morning Yoga Meagan  Harbour Studio	7:30 am Sculpt & Tone Acton  Fitness Centre	8:30 am Strengthen & Stretch Rainbow  Harbour Studio	
8:30 am Restorative Yoga Ankie  Harbour Studio	8:30 am Silk Fan Dance Kit  Harbour Studio	8:30 am Restorative Yoga Ankie  Harbour Studio	8:30 am Flow Yoga Meagan  Harbour Studio	8:30 am Wheel Yoga Kit  Harbour Studio	9:30 am Breathwork & Meditation Rainbow  Harbour Studio	
12 pm Stretching Kit  Harbour Studio	12 pm Tai Chi Bernard  Harbour Studio	12 pm Hatha Yoga Meagan  Harbour Studio	12 pm Hatha Yoga Ankie  Harbour Studio	12 pm Ying Yang Yoga Janet  Harbour Studio	10:30 am Heart Opening Flow Yoga Janet  Harbour Studio	
1 pm Sound Healing Janet  Harbour Studio	1 pm Qigong Bernard  Harbour Studio	1 pm Relax & Restore Meagan  Harbour Studio	1 pm Restorative Yoga Ankie  Harbour Studio	1 pm Slow Flow Yoga Janet  Harbour Studio	11:30 am Yin Yoga Janet  Harbour Studio	
6 pm ABS & Butt Pilates & Reformer for Intermediate Cobe  Social house	6 pm Hatha Yoga Janet  Harbour Studio	6 pm Flow and Tone  Rainbow Harbour Studio	6 pm Mat Pilates (Beginners)) Cobe  Harbour Studio	6 pm Power Yoga Rainbow  Harbour Studio	4 pm Stretching Kit  Harbour Studio	
7 pm Full body Pilates & Reformer for Intermediate Cobe  Social house	7 pm Slow Flow Yoga Janet  Harbour Studio	7 pm Pranayama & Meditation Rainbow  Harbour Studio	7 pm Mat Pilates (Intermediate) Cobe  Harbour Studio	7 pm Breathwork & Meditation Rainbow  Harbour Studio	5 pm Sound Healing Kit  Harbour Studio	

Terms and Conditions:

- Maximum capacity of 7 guests per class.
- Complimentary classes for Asaya Members of Rosewood Hong Kong.
- Advanced reservation is required.

asaya

45 minutes for each Section



## WELLNESS CLASSES DESCRIPTION

### AQUA YOGA (Available in summer)

Begin your day by immersing yourself at our outdoor infinity pool to breathe, stretch and meditate. With the buoyancy and pressure of water that provides support to yoga postures and enhance stability and achieve deeper stretches. An aquatic experience incorporates with principles of yoga to accommodate people of all lever of practitioners.

### MORNING YOGA

Morning Yoga is a perfect way to start your day by seamlessly integrating breath and movement in a mindful manner. It offers the benefits of relieving muscle tension, alleviating joint pain, and fostering a harmonious connection between the body and mind. This class serves as a gentle yet effective transition between dynamic flow and static poses. Suitable for beginners, individuals with injuries or limited mobility, or those who prefer a more gentle approach to yoga.

### FLOW YOGA

"Flow Yoga" is a type of energetic yoga that features fun and upbeat music, as well as sandbag punching and kicking. It incorporates a dynamic sequence of postures, which helps to dissolve bodily tension while building integrated and flexible strength. The consistent flow of movement in this type of yoga makes it a unique and invigorating experience.

### VINYASA BLISS

This mind-body sequence will not only strengthen and open your body, but also empower you to magnify your limits to help you revitalize the day.

### YIN YANG YOGA

This class offers a perfect combination of slower, grounding practice and dynamic, energetic practice, providing the best of both worlds in one session. Suitable for all levels.

### RESTORATIVE YOGA

Restorative yoga enables deep relaxation as you holding poses for longer periods of time with the help of props to completely support you. The main focus of Restorative Yoga is that by relaxing in poses, with the aid of props, without strain or pain, we can achieve physical, mental and emotional relaxation.







## WELLNESS CLASSES DESCRIPTION

### ALIGNMENT YOGA

Discover the precision and alignment-focused approach of Lyengar Yoga, which uses props to support proper posture and deepen the practice. Lyengar Yoga helps improve body awareness, correct imbalances, and promotes physical and mental harmony.

### YIN YOGA AND REIKI HEALING

Find deep relaxation through slow-paced movements and longer-held poses that target the connective tissues and promote flexibility. Yin Yoga helps release tension and enhances mindfulness, allowing you to find balance and rejuvenation. With the healing touch of Reiki energy revitalizes your energetically body. Immerse yourself in the perfect harmony of mind, body, and soul, and leave feeling completely renewed and restored.

### HEART OPENING FLOW YOGA

We have seven energy centers. Each energy center represents different energy we dedicate in life. This class focuses on the heart energy center. Through heart opening poses, breath work and meditation, you will leave the class with openness around your heart, as well as the shoulders and upper back area.

### RELAX & RESTORE

A restorative yoga experience. Flow and unwind with a sequence of hip openers, deep stretches and delightful meditation.

### YIN YOGA

is to slow down movements and turn inwardly to reach the deep connective tissues of the body. You can expect this sort of yoga to hold poses for longer amounts of time. You can also expect pairing breathing exercises while stretching muscles that rarely gain attention.

### POWER YOGA

delivers a high-energy, fitness-focused practice that builds strength and flexibility through flowing movements synchronized with breath. This dynamic style combines challenging pose sequences with core work and upper body conditioning, creating an intense workout that builds internal heat and improves endurance. Fast-paced and adaptable, each power yoga session offers unique sequences that keep both body and mind engaged while developing physical power and mental focus.



## WELLNESS CLASSES DESCRIPTION

### HATHA YOGA

Experience bliss with Hatha Glow sequences designed to boost your mood and restore balance to the mind and body. You will flow through a creative and graceful movement focused on soothing the shoulders, hips, back and other tight areas that stress often manifested. Prepare to walk out from the mat feeling rejuvenated, reset, relax and glowing from inside out.

### YOGALATES

This class features a combination of yoga asanas with Pilates principles. The practice is focused on postures and exercises that strengthen the core of the body, promote stability and proper posture. Some pranayama, chanting and meditation may be included.

### MAT PILATES

It is resulted in the inclusion of modern principles of exercise science, fascial fitness and spinal rehabilitation, making it one of the safest and most effective methods available. It helps both men and women of all ages develop optimal strength, flexibility, endurance and posture, without building bulk or stressing joints. The perfect complement to cardiovascular exercise, athletic training or rehabilitation, it can help you tone your body, feel revitalized and move with ease.

### REFORMER PILATES FOR BEGINNERS

Reformer Pilates provides a full-body workout that can help develop a strong core and tone a variety of major muscle groups. Reformer Pilates can support a strong core, promote flexibility and realign the body and spine, which can result in tremendous improvements in postural alignment. Suitable for all levels.

### ABS & BUTT PILATES REFORMER FOR INTERMEDIATE

Abs and butt Pilates is an effective way to tone and strengthen the core and glute muscles. It is suitable for intermediate and advanced fitness levels and can be adapted to meet individual needs and goals. Regular practice can lead to a stronger, more balanced body.

### FULL BODY PILATES REFORMER FOR INTERMEDIATE

Full body Pilates is a comprehensive workout method that engages multiple muscle groups simultaneously. It combines strength, flexibility, and endurance training, promoting overall body awareness and control.







## WELLNESS CLASSES DESCRIPTION

### STRENGTHEN & STRETCH

This class combines Pilates technique stretching with Animal Flow style strength training to improve flexibility, range of motion, strength, and endurance. Suitable for all fitness levels. Come join us for a workout that will leave you feeling strong, flexible, and energized!

### STRETCHING

Make an improvement to the way the body functions by increasing ranges of movement of the joints. Simple relaxing positions are held to make the muscles more flexible and resilient.

### SOUND HEALING

An Ancient sound healing that uses metal bowls to create different harmonics and resonance corresponding to different energy center in the body.

### STRETCH & SOUND

Sound healing is one of the most effective ways to bring yourself back to a state of homeostasis, balance, and bliss by using frequency waves to directly tune your vibrational states. Start the session with mellow stretch to open up our body and mind, then rest, rejuvenate, and find your bliss as you bathe yourself in healing sounds.

### SILK FAN DANCE

Silk fan dance has been a part of China's heritage for over two thousand years. Considered to be an ancient form of folk dance, the fan dance is pretty and artistic.

### EXPRESSIVE ARTS

This psychotherapy employs the creative arts as a form of therapy, including dance/movement, art, drama, music, poetry and psychodrama. Expressive therapists share the belief that through creative expression and the tapping of the imagination, people can examine and heal their body, feelings, emotions and thought processes.

### HYPNOSIS

can help you improve intimacy, reduce anxiety and stress, or manage chronic pain and insomnia through the power of hypnosis.



## WELLNESS CLASSES DESCRIPTION

### TAI CHI

In this class, our instructor will guide you through basic Tai Chi movements and practice meditation in movement. Come join us to learn this ancient art. Suitable for all levels

### QIGONG

In this class, our instructor will guide you through basic Qigong movements and controlled breathing exercises to raise your awareness of your own sensitivity to energy. Suitable for all levels.

### PRANAYAMA & MEDITATION

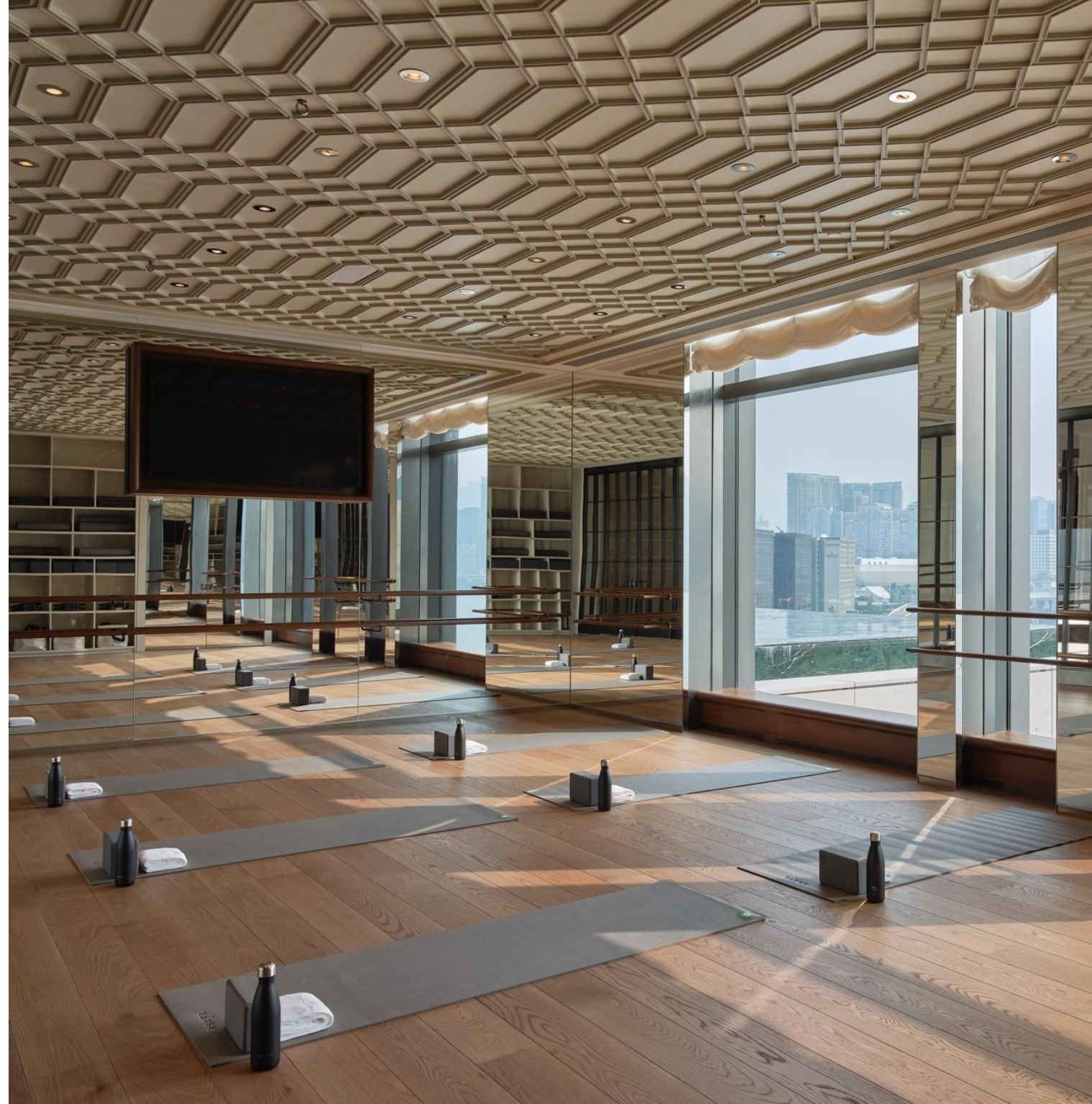
Pranayama is the practice of breath control. This class introduces yogic breathing and concentration exercises that lead students to a meditative state.

### MINDFUL STRETCH & ENERGY HEALING

The class consists of mindful stretched which helps with easing tightened up tensions, and self energy healing guided by certified reiki practitioner.

### ASTROLOGY

We'll show you how the wisdom of the stars can help in real-life situations. Join us to learn the secrets of astrology and see how it can guide you in your personal and professional life.







## WELLNESS CLASSES DESCRIPTION

### FLOW AND TONE

is a dynamic mindful movement class that combines flowing sequences with strength-building exercises to tone and sculpt the body. This class is designed to help improve flexibility, build lean muscle, and increase stamina. Each session focuses on synchronizing movement with breath to create a balanced mind-body connection.

### CORE CONDITIONING

Exercises working on control of the core muscles and balance. Learn how to engage the core and keep a neutral back while exercising. **SIT UPS NOT INCLUDED!**

### METABOLIC CONDITIONING

Metabolic conditioning, or "metcon," is a high-intensity fitness class that combines strength training and cardio exercises in a circuit format. It aims to improve energy efficiency, boost metabolism, and enhance overall fitness through varied movements that elevate the heart rate. Participants can expect a challenging and dynamic workout.

### SCULPT & TONE

These body part-specific workouts help on perfecting movement mechanics. It's a fun workout to create shape and structure in key muscle groups.

### GET LEAN

Sculpt, tone, get lean and strong in this resistance training and cardio class. You can expect a full body workout that will burn calories! Suitable for all levels.

### CARDIO IGNITE

Interval training that incorporates both cardio and resistance exercises.

### ABS AND GLUTES

Abs is focusing on building a 6 pack and core control ,  
Glutes, will be focusing on building legs and glutes strength

asaya

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

t. +852 3891 8588

e. [hongkong.asaya@rosewoodhotels.com](mailto:hongkong.asaya@rosewoodhotels.com)