

Say Yes to Global Wellness Day 2017

约会2017全球健康日

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Beijing

0830 - 0900	Registration at the Terrace - Registration is required to receive your entry pass to attend the events				
0900 - 0930	Growthbeans Coaching Circle Wellness Icebreaker				
0930 - 1100	Yoga, breath work and functional movement integration – Protecting yourself from injuries (Max: 20 persons) Bring your yoga mat, yoga strap and yoga block	Wujiqian: Taoist life nourishing exercise and kung fu (Max: 50 persons)	Introduction to Hoop Dancing (Max: 8 persons)	12 Steps to Better Health (Max: 20 persons)	Art Therapy (Art through meditation) (Max: 25 persons) ●
1100 - 1245	Gentle Yoga Flow (good for beginners) (Max: 20 persons)		Introduction to Reiki (Max: 20 persons)	Mindfulness for children and their parents (Max: 20 persons) ●	Enhance your self-awareness and improve your communication skills with Coaching (Max:25 persons)
1245 - 1400	Strategies for parents to take to prevent depression in their children ●		Introduction to Hoop Dancing (Max: 8 persons)	Fitness = what we eat and what we do (Max: 20 persons)	Experience Coaching 1-1/ Group Coaching (Max: 9 persons)
1400 - 1530	Increase your well-being with improvisation (Max: 40 persons) ●		Fulfilment from Inside Out (Max: 20 persons)	How to manage your stress and not let it manage you (Max: 20 persons)	Design thinking and coaching for a better me (Max: 25 persons)
1530 - 1700	Better Mindfulness Meditation (Max: 20 persons)		The Power and the Effects of Management in our lives (Max: 20 persons)	Inner Dance: Experience Yourself (Max: 8 persons)	
1700 - 1730	Closing Event at the Terrace				

Legend



Event is subjected to changes

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0830 - 0900	在四层露天花园登记——需要登记才能获得您的入场证以参加活动				
0900 - 0930	破冰游戏				
0930 - 1100	瑜伽、呼吸疗法和功能运动整合——保护您在运动中免受伤害 (人数: 20人) 请携带您的瑜伽垫、瑜伽带和瑜伽块	无极拳：道家养生运动和功夫 (人数: 50人)	呼啦圈舞介绍 (人数: 8人) 若有自己的呼啦圈请携带它	改善健康的12个步骤 (人数: 20人)	艺术治疗 (通过艺术冥想) (人数: 25人) ●
1100 - 1245	温和瑜伽课程 (适合初学者) (人数: 20人) 请携带您的瑜伽垫		灵气介绍 (人数: 20人)	儿童及其家长的正念 (呼吸冥想) (人数: 20人) ●	通过导师指导提升自我意识, 提高沟通能力 (人数: 25人)
1245 - 1400	怎么避免孩子得忧郁症 (人数: 20人) ●		呼啦圈舞介绍 (人数: 8人) 若有自己的呼啦圈请携带它	健身=我们吃什么和我们做什么 (人数: 20人)	体验1对1辅导/团队辅导 (人数: 9人)
1400 - 1530	用即兴表演增加您的幸福感 (人数: 40人) ●		从内到外达到成就感 (人数: 20人)	控制压力和如何成为压力的主人 (人数: 20人)	为更好的自己设计培训思维 (人数: 25人)
1530 - 1700	心境放松 (人数: 20人)		权利与管理对我们生活的影响 (人数: 20人)	内心的舞蹈：由您体会 (人数: 8人)	
1700 - 1730	在露天花园结束活动				
Legend	 双语 (其他课程使用英语分享) ● 6岁孩子以上能参加 <i>活动可能临时有变动</i>				