

Happiness Factory Retreat



SUPERCHARGED SUMMER

19 - 20 JUNE 2021



Holistic Health Hacks for Summer Wellness

Welcome to Summer! Supercharge your mind, body and soul with Happiness Factory's holistic wellness staycation.

Held at the iconic Peninsula Hong Kong with unparalleled views of the Hong Kong skyline, you will enjoy a luxurious weekend retreat over 2 days with world class accommodation, refreshments and 6 workshops led by Hong Kong's top practitioners: Rebecca Jean Wong, Brian Lai, Malbert Lee and Jess Shih.



Rebecca Jean Wong
Movement



Brian Lai
Breathwork



Malbert Lee
Sound Therapy



Jess Shih
Mindful Connection

\$6,478* includes a 1-night stay in a Deluxe Room, 2 days of workshops for 1 attendee

\$9,778* includes a 1-night stay in a Deluxe Room, 2 days of workshops for 2 attendees (shared occupancy)

\$3,800* for workshops only

All attendees will receive a Happiness Factory Gift Bag to Eat, Move, Sleep and Feel Happy

*plus 10% service charge

Email to register: HF@perfectlybalanced.org

SUPERCHARGE YOUR MIND, BODY AND SOUL

Eat Happy 🌞 Move Happy 🌞 Sleep Happy 🌞 Feel Happy 🌞

The fire element of summer is associated with movement, relationships and transformation. How are you doing with the intentions you set for 2021? Happiness Factory has curated a range of unique experiences to enable you to open up, receive and reinforce the magical energy of summer. Over the weekend at The Peninsula, you will supercharge your mind, body and soul with practices led by top Hong Kong practitioners:

- Integrated Heart-opening Flow and Chi Breathwork
- Inside Flow
- Mindful Connection and Movement with Purpose
- Sleep Happy with Summerlicious CBD Gong Bath
- Summer Sunrise Yoga
- The Wim Hof Method and Ice-Bath Experience



Other Retreat Privileges

All attendees will receive a Happiness Factory gift bag to *Eat, Move, Sleep and Feel Happy*

Exclusive arrival transfer offer by Rolls-Royce at \$628* one way

Optional 1:1 private sessions with Rebecca Jean Wong, Brian Lai, Malbert Lee and Jess Shih

15% discount applicable at The Peninsula Spa

Afternoon Tea at The Lounge: guaranteed booking for you and two additional guests to indulge in

The Peninsula's signature afternoon tea over your stay

15% discount applicable with in-house Personal Trainers at the Peninsula Fitness Centre

*plus 10% service

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SCHEDULE - SATURDAY 19 JUNE



11.00 - 13.00 Integrated Heart-opening Flow and Chi Breathwork with Rebecca and Brian

We will kick off the Happiness Factory retreat by opening up your heart and Chi with Feel Good Flow by Rebecca, to prepare your mind and body. Then Brian will guide you through a suite of breathwork designed to attract and receive strong, vibrant flow of Chi to nourish your Fire energy. Together, you will breathe and move with intention, to achieve a rejuvenated mind, body and soul.



13.00- 15.00 *Eat Happy* refreshments & Fireside Chat with nutrition coach Beth Wright

Beth will lead an open discussion on the truths and myths about nutrition, popular diets (keto, paleo, intermittent fasting, vegan) and share practical tips on how to combine your love of food and wine in a happy and healthy manner sustainably. Ask Beth any questions about fitness, nutrition and lifestyle!

15.00 - 16.00 Inside Flow with Rebecca



Inside Flow is not about perfect asanas. It is about synching our breath to the beat of music. You will breath, move and be carried away by the sounds of hip hop, pop, or even electro pop. This revolutionary, dynamic flow class is the brainwork of global yoga master, Young Ho Kim, who takes his passion in music and fuses it with yoga, martial arts and dance. Rebecca will bring you this special practice, where you will experience the unity of Movement, Breath, Heart and Music.

16.00 - 17.00 Mindful Connection and Movement with Purpose with Rebecca and Jess (Feel Good Factory)

Summer's magical fire energy is known to boost charisma, compassion and communication. Rebecca and Jess will share their personal tips on how to mindfully communicate through verbal and non-verbal ways to connect effectively with others, and more importantly, yourself. This session will finish with a meditation practice.

17.00 - 20.45 Free Time and Dinner

20.45 - 21.00 *Sleep Happy*: Poolside chat with found CBD

21.00 - 22.00 Summerlicious Gong Bath with Malbert

Balance your summer energy by immersing in the alchemy of sounds, frequencies and vibrations, at the Peninsula Pool. Release tension and old energy that no longer serve you and create a clear opening to invite good chi to flow through your mind and body. At the end of the evening, you will feel a deep sense of relaxation and calm, to prepare you for the next day.



SCHEDULE - SUNDAY 20 JUNE



07:30 - 08:30 *Move Happy: Sunrise Flow* with Rebecca

Soak up the positive vibes at the Peninsula Pool and Sun Terrace at sunrise. Reset your energy and refresh your positive intentions for 2021 during this feel good, mindful practice with the view of the Hong Kong harbour. In this workshop, Rebecca will flow with you to bring clarity, positive energy, and peace of mind.



08.30 - 10.00 Break for Naturally Peninsula smoothies and Breakfast

10.00 - 10.15 *Feel Happy* with Aromatherapy Associates

10.15 - 13.15 Wim Hof Method and Ice-Bath Experience with Brian

Learn the science and art of breathwork, including the Wim Hof Method, to increase your resilience towards stress. At the conclusion of this workshop, you have the option of experiencing a new level of mind and body with a safe and guided ice immersion against the backdrop of the Hong Kong harbour.



13.15 - 13.30 *Eat Happy* with Suphia's Functional Foods

After the Ice-Bath, you are likely to feel supercharged...and hungry! Suphia will re-fuel your body with her array of energy bars and power balls, made with love and packed with nutrients.

INSTRUCTOR BIOS



Rebecca Jean Wong
Movement

MOVEMENT, Inside Flow

Practice Inside Flow and other Feel Good movements with Rebecca on the Peninsula Pool and Sun Deck. Music drives Inside Flow yoga and frames the whole sequence. Movement and breath are One. Since its inception by Young Ho Kim in Germany, Inside Flow has received a popular following around the world and Rebecca Jean Wong has grown this unique style of yoga in Hong Kong. Over the weekend, Rebecca will practice Inside Flow with you, as well as share how to Mindfully Connect in a special workshop with her partner at Feel Good Factory, Jess Shih.



Brian Lai
Breathwork

BREATHWORK, The Wim Hof Method

Breathwork has been integrated into the lives of Navy SEALs, elite athletes, and Silicon Valley CEOs to perform at their best under high-stress environments. Developed by Dutchman Wim Hof (The Ice Man), the Wim Hof Method is a combination of meditation, breathing exercises and exposure to the cold.

Brian, Hong Kong's first and only certified Wim Hof Method Instructor will coach you to discover the Wim Hof Method and a variety of other breathwork to increase your resilience towards stress and have the tools to achieve your peak optimal state.



Malbert Lee
Sound Healing

SOUND HEALING, Gong Bath

Soak up the powerful Chi at the Summerlicious Gong Bath by immersing in the alchemy of sounds, frequencies and vibrations by Malbert's gongs. The Gong Bath is an antidote to stress, by releasing tension and energy blockages and cleaning the subconscious mind. Malbert is Hong Kong's leading sound experience facilitator, having trained with renown international gong and singing bowl masters. His sound has touched participants around the world, from Hong Kong to London.



Jess Shih
Mindful Connection

MINDFUL CONNECTION, Move with Purpose

Jess is no stranger in spreading feel good vibes. A household name in the Hong Kong fitness scene, Jess has what it takes to lead and command a room. Jess knows just what it takes to connect with her background as a group fitness instructor at XYZ and Lights Out. She will be sharing with her Feel Good Factory partner, Rebecca on how to Mindfully Connect and to speak and convey with purpose.



Beth Wright
The Wright Way

NUTRITION, *Eat Happy* Fire-side Chat

Beth is a lifestyle, health, nutrition and accountability coach. A lawyer by background, she is fully aware of the daily stresses her clients deal with. Her philosophy is centred around balance and adaptation, supporting her clients to achieve their goals without taking away all the enjoyment. During the *Eat Happy* Fire-side Chat, Beth will lead an interactive conversation on the truths and myths of various diets and answer any questions related to nutrition, fitness and lifestyle.