

Global Wellness Day 2026: A Full Day of Yoga, Wellness Talks and Contrast Therapy at The Initial Sama on 13 June

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Global Wellness Day is observed worldwide on the second Saturday of June each year, and this 2026, Singaporeâ??s **The Initial Sama** is marking the occasion with a full day of carefully curated wellness experiences. Themed **#JoyMagenta**, the event takes place on **Saturday, 13 June 2026** at The Initial Sama Serviced Residences â?? Singaporeâ??s first wellness-focused serviced residence â?? located at 26 Evans Road, Singapore 259367.

Whether you are looking to move your body, still your mind, or simply explore what a truly wellness-centred space feels like, there is something in the programme for every age group and fitness level.

Whatâ??s On: The Full Programme

Sessions run throughout the day, spanning the pool, courtyard, movement studio, and the venueâ??s signature Bathhouse. Here is the full schedule:

GLOBAL WELLNESS DAY®

SATURDAY
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08:00 AM	***Floating Yoga by Casper Chan, School of S*** ***Pool*** *- 14 years old and above*
09:00 AM TO 12:00 PM	***AsiaMedic Onsite Health Screening at Bala*** *- 18 years old and above*
09:15 AM	***Parent & Child Yoga by Amanda Lim at Co*** *- 4 to 9 years old*
10:00 AM	***Mental Wellness Talk by Dr Pearlene Ng a*** ***Chen, Solace Therapy and Consultancy at*** ***Studio*** *- All Ages*
11:00 AM	***Time Efficient Work-out Talk by Jing Zhi Ch*** ***Movement Studio & Gym*** *- Elderly / Seniors*
12:00 PM TO 02:30 PM	***Open House for Bathhouse, Poolside*** *- 18 years old and above*
03:00 PM	***Core Movement by Jeiwin at Movement St*** *- 18 years and above*

- **8:00am â?? Floating Yoga** by Casper Chan, School of Swimology (Pool) â?? For ages 14 and above. A pool-based session combining balance, breathwork, and gentle core activation on water.
- **9:00amâ??1:00pm â?? AsiaMedic Onsite Health Screening** (Balai) â?? For ages 18 and above. A convenient health check-up right at the venue.
- **9:15am â?? Parent & Child Yoga** by Amanda Lim (Courtyard) â?? For children aged 4 to 9, with their parent or guardian. A bonding session designed to strengthen connection through movement.
- **10:00am â?? Mental Wellness Talk** by Dr Pearlene Ng and Michelle Chen, Solace Therapy and Consultancy (Movement Studio) â?? Open to all ages. Topic: Resilience â?? Building Emotional Strength Through Simple Mindful Practices.
- **11:00am â?? Time-Efficient Work-Out Talk** by Jing Zhi Chua, AllSet (Movement Studio & Gym) â?? For elderly and seniors. Practical training tips using isometric techniques designed for measurable strength and mobility gains.
- **12:00pmâ??2:30pm â?? Bathhouse Open House** (Poolside) â?? For ages 18 and above. Experience contrast therapy at Sama Wellness â?? alternating between a cold plunge (9â??12Â°C) and hot pool (38â??42Â°C) to support recovery, circulation, and overall wellbeing.
- **3:00pm â?? Core Movement** by Jeiwin (Movement Studio) â?? For ages 18 and above. A dynamic group fitness class focused on strength, balance, and endurance.

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GLOBAL WELLNESS DAY®
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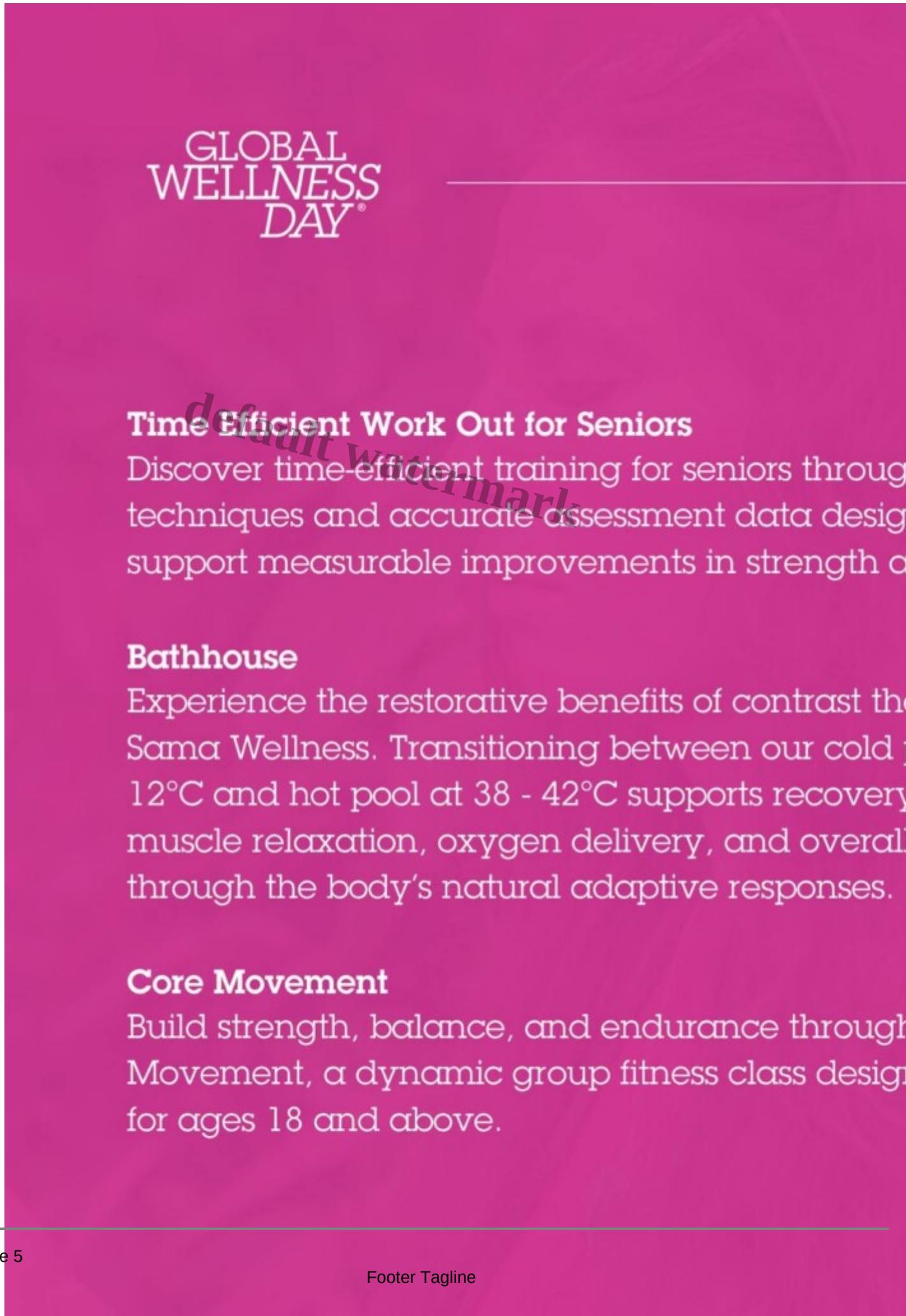
Floating Yoga
Experience Floating Yoga, a pool-based wellnes
that combines balance, breathwork, and gentle
activation while reconnecting mind and body t
movement on water.
Parent and Child Yoga
Cultivate mindfulness and shared growth in a p
yoga setting designed to strengthen the unique
a fun-filled session for both parent and child.
Mental Wellness Talk
Resilience: Building Emotional Strength Through
Mindful Practices, an open conversation on men
wellness, emotional wellbeing, and healthier wa
navigate everyday life.



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Slots Are Limited â?? Register Early

Participation slots for all sessions are limited and available on a first-come, first-served basis. Guests are encouraged to register early to secure their preferred experiences.

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Event Details

- **Date:** Saturday, 13 June 2026
- **Venue:** The Initial Sama Serviced Residences, 26 Evans Road, Singapore 259367
- **Registration:** Register here

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