



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

Description

Global Wellness Day is observed worldwide on the second Saturday of June each year, and this 2026, Singapore'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 – Singapore's first wellness-focused serviced residence – 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.

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WELLNESS
DAY®

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The Initial Sama Serviced Residences, 26 Evans Road â?? Singaporeâ??s first wellness-focused serviced residence

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:

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GLOBAL WELLNESS DAY®

SATURDAY
26 EVANS ROAD, SINGAPORE

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

GLOBAL WELLNESS DAY®

Floating Yoga

Experience Floating Yoga, a pool-based wellness practice that combines balance, breathwork, and gentle movement activation while reconnecting mind and body through movement on water.

Parent and Child Yoga

Cultivate mindfulness and shared growth in a pool-based yoga setting designed to strengthen the unique bond between parent and child. A fun-filled session for both parent and child.

Mental Wellness Talk

Resilience: Building Emotional Strength Through Mindful Practices, an open conversation on mental wellness, emotional wellbeing, and healthier ways to navigate everyday life.

GLOBAL WELLNESS DAY®

Time Efficient Work Out for Seniors

Discover time-efficient training for seniors through techniques and accurate assessment data designed to support measurable improvements in strength and

Bathhouse

Experience the restorative benefits of contrast therapy at Sama Wellness. Transitioning between our cold pool at 12°C and hot pool at 38 - 42°C supports recovery through muscle relaxation, oxygen delivery, and overall health through the body's natural adaptive responses.

Core Movement

Build strength, balance, and endurance through Core Movement, a dynamic group fitness class designed for ages 18 and above.

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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*The Initial Sama Serviced Residences
26 Evans Road, Singapore 259367*

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Saturday, June 13, 2026

Event Details

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

Date Created

20/05/2026

Author

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