



## Complimentary Yoga, Art & Fun for Every Weekend Stay

A series of complimentary children-adult and old folks-centric activities that encourage growth, interaction and bonding – only at Amara Sanctuary Resort Sentosa



**Singapore, 1 July 2014** – Amara Sanctuary Resort Sentosa, in collaboration with Aileron Wellness, is introducing a series of yoga, art and fun activities to all inhouse guests as part of its staycation package. These activities are developed by yoga experts to suit guests of all ages (including children, parents, grandparents, couples and friends) to encourage happy interaction, healthy growth and strong bonding through outdoor fun and play.

“There is no better way to spend the weekend than getting families and friends together and providing them with a setting ideal for some serious fun and healthy bonding. No one will get left behind because we have something for everyone. What’s more, these yoga activities are free with every weekend stay.” said Cyndi Ng, General Manager of Amara Sanctuary Resort Sentosa.

### Activities Highlights:

#### Kids Yoga

- : Unlike conventional kids yoga classes that merely deliver the content for a typical adult yoga class to a younger age group, this activity has a different take altogether. Guided by the belief that children learn best when having fun, the session, set in an environment as lively as a circus, will be infused with music, songs, games, stories, imaginative play and the like to promote creativity.

In essence, the practice of yoga strengthens one physically and mentally. In the same spirit, the workshop increases children’s self-awareness of themselves and with the world while having fun. It also helps children stay confident, think positively, improve their body coordination, concentration and teamwork.

#### Kids’ Art Jam

- : A unique art class designed to engage children in an art and craft session that coaches the creative right-brain activities using analytical left-brain sequential methodologies with the key objectives of enabling children to embrace life and helping them enhance their natural strength and talent. Along the way, the children also get to learn values like sharing and communication, as there are plenty of chances to interact with fellow participants.

#### Laughter Yoga

- : One of the newest disciplines in yoga, this is a complete wellness workout that is suitable for all in the family from young children to grandparents. The concept behind laughter yoga is based on the scientific fact that the body cannot differentiate between real and induced laughter. Through a sustained laughing session, we can reap the physiological and psychological benefits as when we laugh at a joke, only amplified.

**Family Yoga** : The essence of family yoga is to connect the family through play. This activity creates shared moments through fun, laughter and exploration. There will be a series of playful yoga games for the mind and body, comprising both simple yoga poses and relaxation techniques to benefit the body and mind.

**Partner Yoga** : Practiced as a pair, this session can deepen the connection between two people, ideal for couple and best friends. This activity is based on concepts of Hatha yoga, a traditional form of yoga, which involves the holding of poses, allowing partners to guide each other into the poses.

From now till end of the year, the resort will be running a combo class of Family Yoga and Kids' Art Jam every Saturday from 4.30pm – 5.45pm. Guests staying at the resort during the Saturday weekend will get to enjoy these activities on a complimentary basis.

With the activities held in the midst of the lush settings of Amara Sanctuary Resort Sentosa, children and adults alike will have a chance to tune in with nature once again, a rare experience for many people due to the hustle and bustle of our lives.

#### **About Amara Sanctuary Resort Sentosa**

Amara Sanctuary Resort is nestled beautifully on a hillside, surrounded by 3.8 hectares of gardens and natural tropical rainforest, which is home to peacocks and parrots as well as other native fauna and flora. Amara Sanctuary's unique character derives from an exotic blend of colonial architecture and modern design concepts, as well as comprehensive hotel facilities that come together to shape an ideal resort experience. The lush tropical gardens are stocked with many unusual tropical plants and help to create the atmosphere of an exotic island retreat with a sense of peace, tranquility and true luxury. For more information, visit <http://amarahotels.com>

#### **About Aileron Wellness**

A boutique gym with a state-of-the-art training facility and certified trainers to help individuals break new grounds, Aileron Wellness is Singapore's prime ground for health and fitness education, and a sanctuary for self-discovery and empowerment. Aileron Wellness stays at the forefront of the health and fitness sphere with unconventional methods and concepts of training developed with leading educators from around the world, ensuring effective and long-lasting results. Guided by the belief that wellness goes beyond skin-deep, Aileron Wellness brings to its clients an all-encompassing suite of knowledge to balance the body, mind and soul. The result is an elevated sense of well-being. For more information, visit [www.aileron.com.sg](http://www.aileron.com.sg)

**Note to Editor: We are happy to provide the links to the stunning photographs (with happy faces) in high resolution in the email for you.**

###

#### **For media enquiries, please contact:**

Ms Kim Quek  
Marketing & Communications Manager  
Amara Sanctuary Resort Sentosa  
DID: 6825 3833  
Email: [kim.quek@amarasanctuary.com](mailto:kim.quek@amarasanctuary.com)