



HEALTH & WELLNESS RETREAT

SINGAPORE (29 AUGUST 2015, SATURDAY, 9:00am – 5:15pm)
151 BENCOOLEN STREET, SINGAPORE



SPECIAL GUEST SPEAKER:
DR TAN YONG SENG,
CARDIOLOGIST, GLENEAGLES
MEDICAL CENTRE, SINGAPORE

HEALTH & WELLNESS RETREATS SINGAPORE are a series of 1-Day programmes held monthly throughout the year that aims to super charge your personal health and wellness experience for healthy ageing. If you would like to experience a holistic wellness transformation – from productivity, diet and exercise to life coaching, diet and stress management, come join us. Suitable for all ages.

Limited to 100 Pax per retreat. S\$180 Per Pax (Discounts apply via online registration)
For reservations: norman@aspire55.com or call 6473 6993

SOME OF OUR FEATURED MONTHLY ACTIVITIES WILL INCLUDE
STRENGTH TRAINING FOR BALANCE & FALLS PREVENTION |
CHRONIC DISEASE SELF MANAGEMENT | MEMORY TRAINING | QIGONG | YOGA
PILATES | ZUMBA | DANCE | NUTRITION & DIET | BASIC HEALTH CHECKS |
SPORTS MASSAGE | HOLISTIC HEALTH MANAGEMENT TALK BY DOCTORS |
AND MORE . . .

HEALTH & WELLNESS RETREAT SG – 29 AUGUST 2015

OFFICIAL PROGRAMME

Time	Programme
7:30	Registration
8:00	Body Composition Test, Balance Test <u>OR</u> Strength Test (Select 1) – Complimentary
9:00	Welcome Remarks Global Trends in Seniors Living & Successful Ageing Ms Janice Chia, Founder, ASPIRE55 Pte Ltd, Singapore
9:15	Strength Training for Falls Prevention & Balance Improvement for All Ages: Mr Norman Koh Fitness exercises with common household items like chairs, to increase the strength of your muscles, maintain the integrity of your bones, and improve your balance, coordination, and mobility. In addition, strength training can help reduce the signs and symptoms of many chronic diseases.
10:00	Exercise Physiology (Exercise and nutrition to manage different health and ageing issues) Dr Yang Yifan, Assistant Professor, Nanyang Technological University Dr. Yang's research expertise ranges from whole-body to cellular physiological measurements including gene expression and stable isotope infusion. She has worked with young and old (≥ 90 y) men and women of varying fitness levels including world-class athletes.
10:45	Morning Tea
11:15	Brain Health for All Ages: Ms Loke Yiing Ching, Managing Director, ASPIRE55 Pte Ltd Complete a series of brain fitness games to win fun and exciting prizes. Inspired by global programmes on brain training to improve memory and coordination, this is a specially developed Wellbeing Innovation Lab programme to improve brain fitness.
11:45	First Aid Knowledge for Home and Office: Mr Lim Kai Siang Focus: Identifying stroke and heart attacks, what can you do?
12:15	Lunch Break
13:15	Health Talk by Doctor: Holistic Health Management: Dr Tan Yong Seng, Cardiologist How to take charge of your health from a holistic approach – Living longer, living healthier
14:15	Q&A with Doctor: Holistic Health Management: Dr Tan Yong Seng
14:45	Afternoon Break
15:15	Brain Health Speed Marathon: Ms Loke Yiing Ching, Managing Director, ASPIRE55 Pte Ltd Complete a series of brain fitness games to win fun and exciting prizes. Inspired by global programmes on brain training to improve memory and coordination, this is a specially developed Wellbeing Innovation Lab programme to improve brain fitness.
15:30	Leadership Series: Ms Annie Gushiken, Director, Health Management, Aspire55 Pte Ltd, Singapore Life journey from pharmacist to body builder and holistic life health management coach
16:00	S Dynamic Yoga for Stress Management for All Ages (Led by 3 Instructors) Learn to breathe the right way to work your core muscles, be in the right state of mind, practice a series of strength training postures that are easy to follow and adaptable to different fitness levels.
17:00	Brain Health Finale Games – Win a IPAD Mini: Ms Loke Yiing Ching, Managing Director, ASPIRE55 Pte Ltd
17:15	End of Programme

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EVENT HIGHLIGHTS: HOLISTIC HEALTH MANAGEMENT TALK



**SPECIAL GUEST SPEAKER:
DR TAN YONG SENG,
CARDIOLOGIST, GLENEAGLES
MEDICAL CENTRE, SINGAPORE**

How to take charge of your health from a holistic approach – Living longer, living healthier

Dr Tan Yong Seng is a Heart Surgeon in private practice. He received his MBBS from the National University of Singapore with distinctions in Biochemistry & Microbiology, and is a Fellow of the Royal College of Surgeons, the Academy of Medicine, the International College of Surgeons, and the American College of Cardiology. He has published extensively in peer-reviewed local and international journals and has spoken at conference in China, Malaysia, USA and Singapore as well as invited on local television and radio talk shows to share his expertise on health and medical related issues.

Dr Tan is the Chairman of the PA Active Ageing Council and Whampoa Active Ageing Committee as well as the Vice-Chairman for the Whampoa Citizens' Consultative Committee. Dr Tan had initiated the Health Ambassador and Know Your Numbers programmes for the seniors of Whampoa constituency to empower them so that they can monitor their health status regularly. This year, he was awarded the Pingat Bakti Masyarakat (PBM) – the Public Service Star for his active contributions in community and grassroots work.

As the Chairman of the People's Association Active Ageing Council he lead the PA Active Ageing Council to work with PA's grassroots organizations to promote Wellness Programme and other active ageing programmes so as to empower every Singaporean to lead an active and healthy life. Prevention is better than cure so to age well, all must start now.

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EVENT HIGHLIGHTS: DYNAMIC YOGA FOR ALL AGES



Warm-ups/ Standing Yoga Poses (20 min)

The opening sequence will explore the four actions of the spine: extension (backbending), flexion (forward-bending), lateral flexion (sidebending), and rotation (twisting). Each movement should be linked to the breath (inhaling during extension and exhaling during flexion or rotation).

Students will be introduced through some simple warm-ups exercise to warm up the joints and muscle. Simple twisting, joint limbering and stretches will be done. Some of the poses will be held for several breaths and allowing students to explore linking breath with movements.

Slowly we will include others poses that emphasise on building strength and balance. Poses such as:-

- Chair pose
- Warrior I
- Warrior II
- Tree Pose
- Warrior III

Seated Yoga Poses and Deep Release (20 min)

Several poses will be done in the seated sequence includes spinal twist, simple hamstring stretch, back and core toning poses. Possible sequence is bridge pose, seated gate pose, seated forward bend (such as janu sirsasana) for spinal flexion, and a reclining spinal twist.

Relaxation/Breathing and Closing (20 min)

In relaxation pose or a seated meditation, bring students back to the theme of the class: a “turning of the heart.” Ask them to reflect, “*What, in life, would you like to turn your heart to?*” Invite them to mentally commit to this intention, and remind students that they have the inner strength to follow through with action.

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EVENT HIGHLIGHTS: DYNAMIC YOGA FOR ALL AGES

INSTRUCTOR: SHU TING



Shu Ting had a wanderlust that took her away from Singapore every now and then in search of something less mundane than everyday existence. On the hilly tea plantations of Kerala in 2013, she stumbled upon a little yoga and meditation retreat that challenged her to look deeper within herself to find that missing spark to make her life extraordinary. Already a regular yoga practitioner, Shu Ting returned to Singapore and immediately signed up for her first yoga teacher training course. Life has been one crazy rollercoaster ride ever since.

Her classes are designed to be rejuvenating and enriching, and students love her calm demeanor and soothing voice. She has a ready smile for everyone, and hopes to inspire positive transformations and help more people incorporate yoga as a part of their lives. She has completed her 200-hour Hatha Yoga Teacher Training in Singapore in collaboration with the Kaivalyadham Yoga Institute in Pune (India), and 100-hour Yin Yoga with Traditional Chinese Medicine and Anatomy Teacher Training.

INSTRUCTOR: ASHLEY



Ashley began her exploration into yoga in 2009 when she wanted an exercise that wouldn't hurt her knees, which were getting bad from excessive running. It didn't take her long to see the improvement in flexibility and strength from practicing yoga. Influenced by her own practice and experience, Ashley enjoys working on flexibility and endurance. She brings support and a non-judgmental attitude to her classes and hopes to make every student feel comfortable in their bodies and their yoga practice.

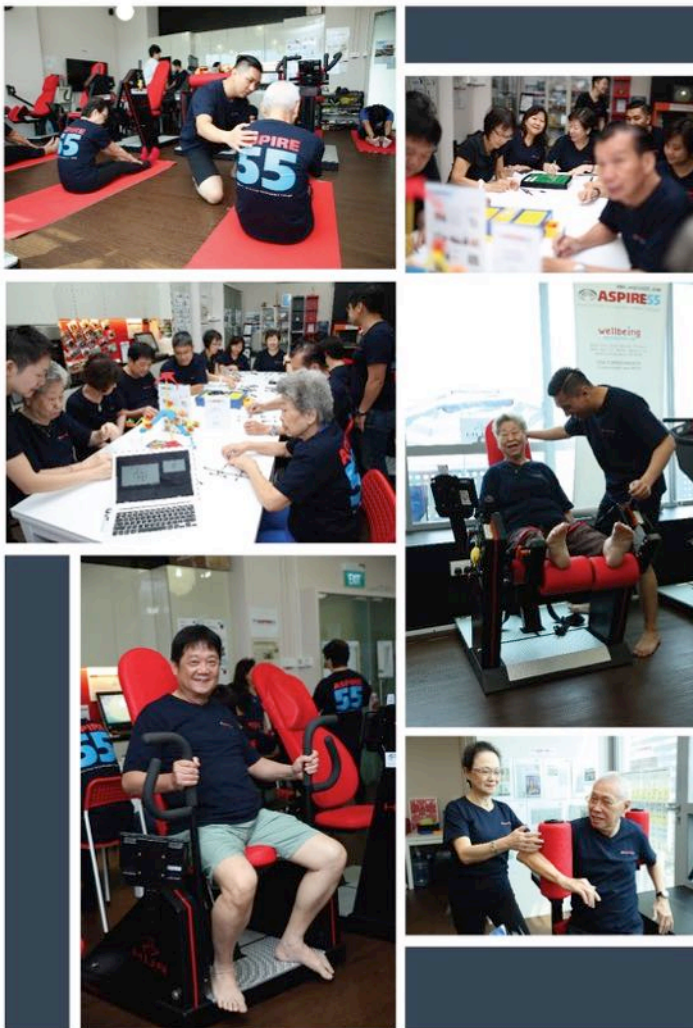
INSTRUCTOR: ELLEN



Ellen was first introduced to yoga 10 years ago through jazz classes and started her commitment to yoga in 2008 as a means of balancing the pace and intensity of her corporate job as a head-hunter. Regular practice brought about calmness and positive transformation to her body and, she fell in love with practice of yoga. She's keen to share her passion for yoga with others through her classes and over a cup of coffee! She has completed her 200-hour teacher training, kids yoga, yoga therapy certifications and backcare therapy certification. She has been teaching since 2014 and her style of yoga is a blend of Hatha, Vinyasa and Alignment. Her classes are joyful and light-hearted, yet mindful and safe.



ASIA'S FIRST CIRCUIT STRENGTH TRAINING AND BRAIN GYM



Designed to feel like your own home, the Wellbeing Innovation Lab by ASPIRE55 is inspired by global best practices in creating a welcoming environment to motivate older adults to exercise regularly.

Over 85% of our members are 55 – 67 year olds who are keen to age well, independently and to remain in good health. They participate in our customised small group exercise classes that consist of 15-minute dynamic warm ups, circuit strength training with the latest exercise technologies from Finland and global brain training games.

We hire energetic and youthful facilitators with personal training experiences that enjoy talking to older adults, creating a second family community for our members.



I don't like to exercise and sweat. But working out here is different. It's nice, air-conditioned and has a homey feel. Now I look forward to coming here to exercise. This is fun!