



Your Escape

Hong Kong Health & Wellness Festival

Presented by:



22nd & 23rd September 2018

CENTRAL HARBOURFRONT

YOUR GUIDEBOOK 活動指南

@IRIS.HKG

www.irisyourescape.com

#IRISYOURESCAPE

Organiser:

HYBRID

Presenting Sponsor:

Manulife

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LY!

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IRIS: Your Escape with ManulifeMOVE makes a return to the scenic Central Harbourfront on 22nd & 23rd September 2018 for its 7th edition. The 2-day festival hauls over 130 activities from yoga and fitness classes to DIY beauty workshops and interactive game booths, promising a dynamic and transformational experience for 6,000 health-conscious attendees.

由ManulifeMOVE呈獻：全港最大型健康生活節「IRIS:Your Escape」將於2018年9月22至23日假中環海濱活動空間舉行。為期兩天的健康生活節搜羅超過130項精彩節目，包括瑜珈及健身班、美容工作坊及互動遊戲等一連串體驗活動，保證為愛好健康生活的全家大小帶來煥然一新的週末。

EVENT HOURS 活動開放時間

SAT 星期六: 10:30 - 21:00

SUN 星期日: 9:00 - 18:00

**Please arrive at least 30 minutes before your desired classes!
請於您感興趣的班別開始前30分鐘到達**





Presented by:

Your Schedule 活動時間表

Day 1

September 22nd 2018

10:30 - 21:00



Yoga Mainstage
瑜珈主舞台

Cam Kui | 11:00 - 12:00
(POWER FLOW)

Great for Heart Health

Wendy Wen **PURE** | 12:10 - 13:10
(JOURNEY TO THE HEART)

Delia Leung | 13:20 - 14:20
(FLOW WITH YOUR DHARMA)

Marcus Wong | 14:30 - 15:30
(FULL COMMUNITY SUN SALUTATIONS)

Margaret Chung **PURE** | 15:40 - 16:40
(FOUNDATIONAL FLOW)

Dr. Yogananth Andiappan | 16:50 - 18:20
(DETOX & DE-STRESS YOGA)

ChauKei Ngai | 18:30 - 19:30
(DYNAMIC FLOW INTO STILLNESS)

Arvind Singh | 19:40 - 20:40
(YOGA FLOW)



The Playground
親子樂園

Strive Fitness | 12:00 - 13:00
(GAME ON!)

Jenny Smith | 13:10 - 14:10
(FAMILY FUN - YOGA GAMES)

Anna Little | 14:20 - 15:20
(FAMILY YOGA - PARTNER PLAY)

Lindsay Parfitt | 15:30 - 16:30
(MAMASTE: PRE & POST-NATAL YOGA)

Clare Lim & Aaron Martin | 16:40 - 17:40
(SHARESPACE KIDS MOVEMENT)

Siobhan Maire Dumigan | 17:50 - 18:50
(I AM CREATIVE)



Zen Garden
禪修園林

Lama Aria Drolma | 11:30 - 12:30
(ANCIENT WISDOM OF MEDITATION
FOR MODERN MINDS)

John Ho | 12:40 - 13:40
(FUNCTIONAL MINDFULNESS)

Rimpoche Jamgon Trulku | 13:50 - 14:50
(BHUTANESE MANTRAS & PRAYERS)

Global Tea Hut HK | 15:00 - 16:00
(TEA CEREMONY MEDITATION)

Vivienne Tang | 16:10 - 17:10
(HEALING MEDITATION)

Supported by: 時間光學專家
TIME TRAVELLER
— 專業導師與身心靈導師 —

Corie Chu | 17:20 - 18:20
(RELAX WITH REIKI & MEDITATION)

Joakim Olin | 18:30 - 19:30
(HEALING TECHNIQUES & PROJECTION)

Malbert Lee | 19:40 - 20:40
(SONIC JOURNEY SOUND MEDITATION)



Silent Disco
無聲派對

Emily Gill | 11:30 - 12:30
(BREATHE & INSPIRE SILENT DISCO YOGA FLOW)

Cristina Lopez McLauchlan | 13:50 - 14:50
(RAISE YOUR VIBRATION)

Alice Siu & Jacqueline Wong | 15:00 - 16:00
(BARRE ACTIVE - HOW BARRE CAN YOU GO!)

Sudevi Sundari | 16:10 - 17:10
(SRHYTHMS)

Rachel Solomons **PURE** | 17:20 - 18:20
(RAISE YOUR SPIRIT & OPEN YOUR HEARTS)

Steffi Lopez Gonzalez | 18:30 - 19:30
(QUIET YOUR MIND & FLOW)

First Light | 19:40 - 20:40
(DANCING IN THE DARK)



Fit District
體能專區

Jason Sinarwi | 11:00 - 12:00
(SUNDAY SHRED: CORE BURN)

Josué Manchado Valle | 12:10 - 13:10
(ENERGIES & INTERNAL MARTIAL ARTS)

Anjan Kundu **PURE** | 13:20 - 14:20
(YOGALATES)

Alain Ngalani **GYM AESTHETICS** | 14:30 - 15:30
(SIMPLY KICKBOXING)

Utah Lee | 15:40 - 17:10
(NIKE NTC ENDURANCE + GROOVY POP)

Fernando Junior | 17:20 - 18:20
(URBAN WARRIOR)

Nicco Gador | 18:30 - 19:30
(POUND ROCKOUT WORKOUT)

Angie Ng | 19:40 - 20:40
(LIGHTS//OUT BOXING)



IKS Insider

Sudevi Sundari | 13:10 - 14:10
(KIRTAN HONG KONG)

Mehek Gidwani | 14:20 - 15:20
(ADDICTION UNCOVERED)

Emma Brown | 15:30 - 16:30
(TURNING CIRCLES)

Gen-T | 16:40 - 17:40
(MAKING WELLNESS YOUR BUSINESS)

EcoDrive | 17:50 - 18:50
(WE RECYCLE | WHAT'S ALL
THE FUSS ABOUT PLASTIC?)



Presented by:

Your Schedule 活動時間表

Day 2

September 23rd 2018

09:00 - 18:00



Yoga Mainstage 瑜伽主舞台

Maxim Gagarin | 10:00 - 11:00
(FULL BODY SCULPT)Will Tan PURE | 11:10 - 12:10
(WILL POWER)The Mentorship Squad | 12:20 - 13:20
(POWER IN MOVEMENT)May Nogoy | 13:30 - 14:30
(FLOW FOR FREEDOM YOGA)Eunice Lo | 14:40 - 15:40
(NAVAKARANA VINAYASA)Jessica Lee | 15:50 - 16:50
(COME FLY WITH ME)Supported by: THE ORIGINAL
OATLY!Yogaraj CP | 17:00 - 18:00
(INNOVATIVE YOGA)

The Playground 親子樂園

Cherry Li | 10:30 - 11:30
(DOGA: YOGA WITH YOUR DOGS!)Alison Drake | 11:40 - 12:40
(YOGA OUTER SPACE
ADVENTURE FOR KIDS)Ling Cheun Bianca Lee | 12:50 - 13:50
(HEART CONNECTION)Carol Farrington | 14:00 - 15:00
(TRUE FRIENDS)Hersha Chellaram | 15:10 - 16:10
(KIDDING AROUND YOGA)

Zen Garden 禪修園林

Brian Lai | 09:30 - 10:30
(THE WIM HOF METHOD)Martina Lee PURE | 10:40 - 11:40
(ALCHEMY CRYSTAL BOWLS MEDITATION)Berna Lee | 11:50 - 12:50
(SUNDAZE LOVE)Ambikha Devi & Francesco Garripoli | 14:10 - 15:10
(QI MEETS PRANA - YOGA, QIGONG,
DANCE, & MEDITATION)

Great for Heart Health

Katie Flowers | 15:20 - 16:20
(MINDFULNESS MANDALA'S)Gianni Melwani | 16:30 - 18:00
(DE-BUNKING MEDITATION MYTHS)

Silent Disco 無聲派對

Sophia Greengrass | 09:30 - 10:30
(ALL ABOUT THE CHAKRAS)Hanna Poikonen | 10:40 - 11:40
(WISEMOTION)Sonia Samtani | 11:50 - 12:50
(HEALING YOUR INNER-CHILD)Katharina Bleinis | 13:00 - 14:00
(STRENGTH, SPIRIT & INNER POWER FLOW)Nikita Ramchandani | 14:10 - 15:10
(BREATHE MOVE FLOW)Ayla Tse PURE | 15:20 - 16:20
(TRANSCEND)Amanda Yik | 16:30 - 17:30
(PLUG INTO NATURE)

Fit District 體能專區

Jen Mackay | 10:00 - 11:00
(TOTAL BODY SWEAT)Owen Ng GA | 11:10 - 12:10
(BE STRONGER TOGETHER -
FULL BODY PARTNER WORKOUT)Studio Fitness | 12:20 - 13:20
(CUT FAT UNSTOPPABLE)Trixie Isla-Velez | 13:30 - 14:30
(ZUMBA [POP PARTY] + ABS BLAZE)Victor Kumar | 14:40 - 15:40
(TICKET TO BOLLYWOOD)James Theos | 15:50 - 16:50
(STRENGTH + MOBILITY)Trybe | 17:00 - 18:00
(NINJA FLOW)

IRIS Insider

Ambikha Devi | 10:30 - 11:30
(CELEBRATE LOVE & LIFE THROUGH
KIRTAN WITH AMBIKHA & FRIENDS)Andrea Lomas-Gong | 11:40 - 12:40
(CREATING BALANCE WITH
YOUR DIGITAL DEVICES)Female Entrepreneurs Worldwide |
14:00 - 15:00
(HOW SPORTS CAN HELP
YOUR BUSINESS STRATEGIES?)Yogaraj CP | 16:00 - 16:30
(ACRO YOGA PERFORMANCE -
BALANCE IN THE AIR)

Festival Map 活動地圖

Main Entrance

- 1 Pi Balance
- 2 Pi Balance
- 3 Basics for Basics
- 4 Fighting Arts Center
- 5 -
- 6 Coconut Matter
- 7 Philosophie
- 8 John Masters Organics
- 9 Coco Paradise
- 10 Kinesiology

- 11 CLESIGN Eco Sport
- 12 MINT Organics
- 13 ALL ABOUT YOU
- 14 ZeroYet100
- 15 Arvia Active
- 16 Ontario Ginseng
- 17 Growers Association
- 18 Made in Peru
- 19 Gourami
- 20 NO!W No Waste
- 21 Venture Studios
- 22 Ohemia
- 23 Karma Collective
- 24 Aanya + Anthea Cooper
- 25 Yoga Journal
- 26 Studio Fitness
- 27 Warm Up Girls
- 28 Unspun

- 29 Biorna Quantics
- 30 Deep Lake
- 31 Veggie World
- 32 Qoileum Asia
- 33 Titika
- 34 Flo Jewellery
- 35 Amok Yoga
- 36 Haka Active
- 37 A Kissing Tree
- 38 JA'MOIRE
- 39 Matrix
- 40 N'ICE POPS
- 41 IAM3F
- 42 Time Traveller
- 43 Crystal
- 44 Soundscape
- 45 Healing Gardenz
- 46 It Is Colombian
- 47 Asia Yogies

- 47 Flow Factory
- 48 Andiappan Yoga Community + Garden Gathering
- 49 SCVL Mart
- 50 -
- 51 -
- 52 Float On
- 53 WHAT'S IN
- 54 Kiwi Manuka
- 55 Aromatherapy Associates
- 56 LINEAL
- 57 Vita Coco
- 58 Evolve Industries
- 59 Grana
- 60 Grana
- 61 Acti- Tape
- 62 Pure Apparel
- 63 Barebells
- 64 Barebells

- 65 Fika Active
- 66 Smita More
- 67 Greenamics
- 68 Glons
- 69 Sora
- 70 BloomMe

Food and Drink

- F01 MANA!
- F02 Saigon Etoile
- F03 Nosh
- F04 Foodieetecetera
- F05 Blendit Superfood Eats
- F06 Eatology
- F07 Cateriere
- F08 HABITÜ
- F09 Butchers Club Food Truck



Sponsor Zones

- S1: 余仁生
- S2: THE ORIGINAL OATLY!
- S3: ANS
- S4: CALZEDONIA
- S5: amika:
- S6: 香港 CI
- S7: Circle
- S8: WWF
- S9: AUSSIE (Dry Shampoo Station)
- S10: GEN.T

Your Escape

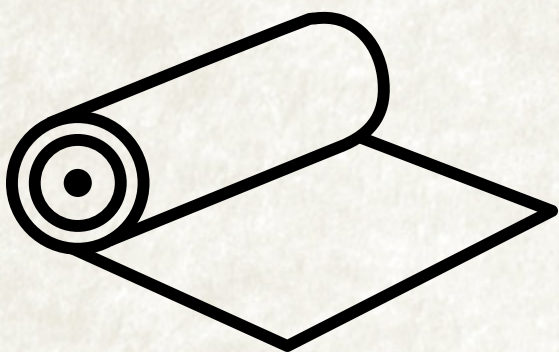
HONG KONG HEALTH & WELLNESS FESTIVAL



Presented by:



REMINDERS 溫馨提示



BYOM

(Bring Your Own Mat)

請自攜瑜伽墊



Cash 現金



Water Bottle 水樽

There will be two water stations, and no cups and bottles will be provided

為支持環保，活動將不提供任何水杯或水樽

HOW TO GET THERE



By MTR

Access the site from Central (exit A) or HK Station (exit A2). Approximately 10 minutes walking distance.

From Admiralty Station head towards Tamar Park, walk through the park towards the Waterfront Promenade and turn left. Approximately 10 minutes walking distance.

By Bus

Depending on the bus route, you can alight in Central, Admiralty or the Outlying Ferry Piers and walk to the site.

By Ferry

Take the Star Ferry to Central and walk towards the left after disembarking. Approximately 1 minute walking distance.

By Car

There is no parking at Central Harbourfront Event Space. The closest public car parks are located at City Hall, IFC and Pacific Place.

By Taxi

Alight at the Star Ferry taxi drop off and walk straight ahead. Approximately 2 to 4 minutes walking distance.



港鐵

由港鐵中環站A出口或香港站A2出口步行約十分鐘。

由港鐵金鐘站A出口往中西區海濱長廊方向，經添馬公園後轉左直行，需時約十分鐘。

巴士

乘坐前往或途經中環、金鐘或港內線碼頭的巴士，然後步行數分鐘可達。

渡輪

乘坐天星小輪前往中環，下船後靠左直行約一分鐘即達。

駕車

場地不設泊車設施，駕駛人士可使用附近停車場如大會堂、國際金融中心、太古廣場等。

的士

可於天星小輪的士站下車，步行約2至4分鐘即達。

Female entrepreneurs Worldwide

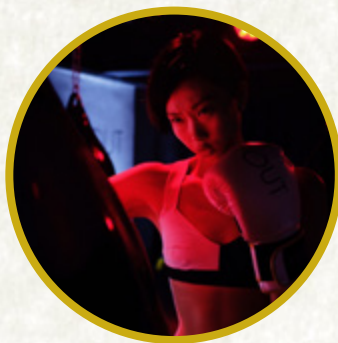
(HOW SPORTS CAN HELP YOUR BUSINESS STRATEGIES?)

Day 2 23rd September 14:00 - 15:00



Coco Marett

*Editor
(Moderator)*



Angie Ng

*Fashion Model,
Fitness Instructor at
Lights OUT HK*



Elsa Jean de Dieu

*Founder of the
Elsa Jeandedieu Studio*



Tricia Yap

*Co-Founder of
Warrior Academy & Director
of Fitness at Goji Studios*



(WE RECYCLE | WHAT'S ALL THE FUSS ABOUT PLASTIC?)

Day 1 22nd September 17:50 - 18:50



Sherry Fung Wong

*Co-Founder of EcoDrive
(Moderator)*



Sonalie Figueiras

*Founder & CEO of
Green Queen & Ekowarehouse*



Phillippe Li

HK Recycles



William Davies

*Swire Beverages
Sustainability &
Safety Lead*

(MAKING WELLNESS YOUR BUSINESS)

Day 1 22nd September 16:40 - 17:40



Danny Yeung

*Co-Founder & CEO
of Prenetics*



Ramona Pascual

MMA Fighter



Max von Poelnitz

*Founder & CEO
of Nosh*

(ADDICTION UNCOVERED)

Day 1 22nd September
14:20 - 15:20



Mehek Gidwani

CEO of Freedom Creations

**(CREATING BALANCE WITH
YOUR DIGITAL DEVICES)**

Day 2 23rd September
11:40 - 12:40



Andreas Lomas-Gong

*Head of Group Spa Operations of
Mandarin Oriental*

Insider Workshops



Sudevi Sundari

(Kirtan Hong Kong)

Day 1 13:10 - 14:10



Emma Brown

(Turning Circles)

Day 1 15:30 - 16:30



Ambikha Devi

**(Celebrate Love & Life
Through Kirtan With
Ambikha & Friends)**

Day 2 10:30 - 11:30



Yogaraj CP

**(Acro Yoga -
Balance in the Air)**

Day 2 16:00 - 16:30

Organiser:

HYBRID

EVENTS MANAGEMENT

Presenting Sponsor:



Official Festival Drink:



Official Legwear Sponsor:

CALZEDONIA
ITALIAN LEGWEAR

Official Nutrition Sponsor:



Official Fitness Sponsor:



Official Dry Shampoo Sponsor:



Official Hairstyling Sponsor:

amika:

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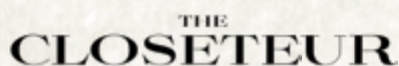


ULTIMATE
EARS™

Charity Partners:



Media Partners:



WATER STATION 水站

Provided by 由以下公司提供:



There will be Urban Spring & Bluewater dispenser stations at the festival
活動期間將有 Urban Spring 城泉和 Bluewater 水站為大家提供飲用水

Water Bottle Policy 水樽守則:

Bring your own water bottles, there will be no cups to prevent waste and plastic consumption
請自行攜帶水樽，活動期間大會並不會提供紙杯，以減少廢物數量和膠樽用量。

KEEPING THE VENUE CLEAN AND ORDERLY 保持場地清潔和秩序

Participants are responsible for throwing away personal items, plastic cups and water bottles in trash bins and will adhere to respectfully keeping the venue clear of rubbish to the best of their abilities.

入場人士必須負責扔掉不必要用品、膠杯和水樽於垃圾箱中，並以最大能力保持場地清潔。



Lifelong Animal Protection Charity
保護動物慈善協會

PET FRIENDLY EVENT 歡迎攜帶寵物參與

WEATHER POLICY 天氣安排

If the following signals are enforced by 10am on Saturday morning, the event shall be postponed or start at a later time:

- Red or Black Rainstorms signal or above
- Typhoon 8 or above

Please check our Facebook & Instagram Page (@iris.hkg) for the latest update

如以下天氣警告於星期六早上10時前生效，活動將會改期或延遲舉行：

- 紅色暴雨警告或以上
- 8號台風警告或以上

請留意我們的 Facebook & Instagram 專頁 (@iris.hkg) 以獲取最新情報



CONTACT INFO

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