



FOR IMMEDIATE RELEASE

Developing Children's Creativity, Physical and Mental Faculties through Yoga, Art and Fun

Aileron Wellness holds a series of children- and family-centric activities during the June school holidays that encourage growth, interaction and bonding



Singapore, 5 June 2014 – Aileron Wellness, in collaboration with Amara Sanctuary Resort Sentosa and The Yoga Boutique, is kickstarting a one-of-a-kind family programme for kids and adults alike beginning this June. For the launch to be held this month at Amara Sanctuary Resort Sentosa, the series of yoga-related activities, titled *June Jolly-days*, is created specially for children and families to encourage growth through outdoor play and also bonding between parents and their little ones. Guests with families, friends and partners staying at Amara Sanctuary Resort will be able to enjoy these activities on a complimentary basis with special late check-out privilege on Sundays to help make their weekend last longer.

“We want to bring children and families out of their homes this school holidays for some serious fun and, at the same time, feel better physically and mentally. Getting the family together and providing them with a setting ideal for

interaction and a thorough workout is a meaningful way to spend the holiday. What's more, there's something for everyone in the family so no one gets left behind," said Keith Tan, Managing Director of Aileron Wellness.

The highlight of the launch is a two-hour workshop on 8 June, comprising Kids Yoga and Kids Art Jam sessions developed by The Yoga Boutique. 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.

Unlike conventional kids yoga classes that merely deliver the content for a typical adult yoga class to a younger age group, *June Jolly-days* 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.

Complementing Kids Yoga is Kids Art Jam, a unique art class designed by The Yoga Boutique, a partner of Aileron Wellness. During the class, children will be engaged in an art and craft session that coaches the creative right-brain activities using analytical left-brain sequential methodologies. Along the way, they also get to learn values like sharing and communication, as there are plenty of chances to interact with fellow participants.

"The classes are created with the key objectives of enabling children to embrace life and helping them enhance their natural strength and talent," said Dr Yvonne Looi, Principal of The Yoga Boutique.

Besides kids, *June Jolly-days* also caters to parents and families as a whole. In the programme line up are also Laughter Yoga, Family Yoga and Partner Yoga.

Laughter Yoga

One of the newest disciplines in yoga, this is a complete wellness workout that is suitable for all in the family. 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 class 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

Practised as a pair, this session can deepen the connection between two people, be they a couple or best friends. *June Jollyday's* Partner Yoga 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.

Following the launch, the programme will continue to run regularly at Aileron Wellness, which intends to expand its kids- and family-centric class menu according to consumers' tastes and preferences.

With the programme held in the midst of the lush settings of Amara Sanctuary Resort Sentosa, children and families 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.

For more details on *June Jolly-days*, please visit www.aileron.com.sg

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.

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://sentosa.amarahotels.com>

About The Yoga Boutique

The Yoga Boutique is a first-of-its-kind mobile yoga studio that collaborates with forward-thinking establishments to bring on-the-go yoga sessions to their clientele, proving that the holistic practice can be done anytime and at any place. Set out to infuse positivity into the lives of working professionals, The Yoga Boutique also collaborates with corporations to develop effective programmes, bringing about increased productivity and motivation at the workplace. For more information, visit www.theyogaboutiquesg.com.

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