



Presented by:

Manulife
MOVE

SCHEDULE
活動時間表

DAY 1 SEPTEMBER 21st
FESTIVAL TIME: 10:30 - 21:00

YOGA STAGE

11:00 - 12:00	CAM KUI <i>Harmonious Flow</i> Powered by:
12:15 - 13:15	MARCUS WONG <i>Learn to Invert</i>
13:30 - 14:30	RITESH KUMAR GUPTA <i>Hatha Flow</i>
14:45 - 15:45	VICTOR CHAU <i>Happy Hips, Happy Days</i>
16:00 - 17:00	KATHARINA BLEINIS <i>Crow Takes Flight: Hip Opening + Arm Balancing Vinyasa Flow</i>
17:15 - 18:15	LUKE GRAEBER <i>Backbend Flow</i>
18:30 - 19:30	DELIA LEUNG <i>Flow with Your Dharma</i>

FIT DISTRICT

10:45 - 11:45	RICHARD WICKES <i>Tai Chi Basic Basics</i>
12:00 - 13:00	AARON MARTIN <i>Acrobatics 101 for Yogis</i>
13:15 - 14:10	ANDREA RAMIREZ <i>FlexTreme Sweet</i>
14:20 - 15:05	KYLE LEE + ZELOS <i>Core Focus</i>
15:15 - 16:00	ANDREW PONG <i>Calisthenics 101</i>
16:10 - 16:50	URBAN ACTIVE X SPARTAN <i>Spartan Fit</i>
17:00 - 18:00	UTAH LEE <i>Dance Addicts</i>
18:15 - 18:45	HOUSE OF FITNESS <i>HIT FIT By Acton & Krischa</i>
19:00 - 20:00	ANDREW DINO <i>Pound Rockout Workout</i>

ZEN GARDEN

11:00 - 12:00	TRUDY TONG <i>Heart Imagery Meditation</i>
12:10 - 13:10	HERSHA CHELLARAM <i>Start Meditating the Easy Way</i>
13:20 - 14:50	JENNIFER YIP <i>Breath of Bliss with Jen</i>
15:00 - 16:00	RYAN GRIMES <i>Mindfulness Meditation</i>
16:10 - 17:10	BRIAN LAI <i>Breath Mastery</i>
17:20 - 18:20	MALBERT LEE <i>Sound Meditation Experience</i>
18:30 - 19:30	GIANNI MELWANI <i>The Art of Meditation</i>

SILENT DISCO

11:00 - 12:30	NEELAM HARJANI <i>Transcending Body & Mind</i>
13:00 - 14:00	CLARE LIM MARTIN <i>Traveling the Magic Square - Katonah Yoga® Meditation</i>
14:10 - 15:10	BREAK
15:20 - 16:20	KAREN LEUNG <i>Mindfully Fit</i>
16:30 - 17:30	ARIEL TANG <i>Yinner Alchemy</i>
17:40 - 18:40	HEMA MIRPURI ASWANI <i>Creating Strength & Balance</i>
18:50 - 19:50	RACHEL SOLOMONS <i>Power Vinyasa Flow</i>



THE PLAYGROUND

11:00 - 12:00	EMMA BROWN <i>Hula Hoop Hop</i>
12:15 - 13:15	JASMINE WU <i>Hari OM Kids & Family Yoga</i>
13:30 - 14:30	MAGGIE HUH <i>Muttitation</i>
14:45 - 15:10	NG PING NAM <i>Handbalancing Act</i>
15:30 - 16:30	RACHEL SOLOMONS <i>Wheel & Vinyasa</i>
16:45 - 17:45	CHERRY LI <i>Doga: Yoga with Your Dogs!</i>
18:00 - 19:00	MICHELLE YAU <i>I Love My Family Yoga Class (For 4-8 years old)</i>

IRIS INSIDER

11:00 - 12:00	TERESSA SIU <i>From Zero to... Sustaining a Sustainable Business & Living Life with a Passion</i> TALK
12:30 - 13:30	DBS PRIVATE CLASS - FITNESS
13:45 - 14:45	GREEN IS THE NEW BLACK <i>We walked on the moon, why can't we solve climate change?</i> Hosted by: Amélie Rondole PANEL TALK
15:00 - 16:00	TALKING MENTAL <i>Chat with a Fighter</i> Hosted by: Aaron Stadlin-Robbie PANEL TALK
16:15 - 17:45	MAHIKHA DASII <i>OM Chanting</i> WORKSHOP

POWERED BY:



#IRISYOURESCAPE
www.irisyourescape.com

Class will be taught in Chinese
課程將由廣東話教授

#MANULIFEMOVE @IRIS.HKG



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SCHEDULE 活動時間表

DAY 2 SEPTEMBER 22nd
FESTIVAL TIME: 09:00 - 18:00

YOGA STAGE

09:30 - 10:30	JOYCE FAN	<i>Salute to the Sun</i>
10:45 - 11:45	ADAM WEIRICK	<i>Inner Stillness</i>
12:00 - 13:00	MAY NOGOY	<i>Fivelements Flow</i>
13:15 - 14:15	JESSICA LEE	<i>AcroYoga FUNdamentals</i>
14:30 - 15:30	DR YOGANANTH ANDIAPPAN	<i>Shoulders and Upper Back</i>
15:45 - 16:45	CHAUKEI NGAI	<i>Flow State by Above & Beyond</i>
17:00 - 18:00	REBECCA JEAN WONG	<i>Inside Flow</i>

FIT DISTRICT

09:20 - 09:30	HARBOUR RUNNERS	<i>Meet Up</i>
09:30 - 10:30	HARBOUR RUNNERS	<i>Run+Stretch with Victor Chau</i>
09:45 - 10:15	CHARLOTTE THOMPSON	<i>Coastal 30</i>
10:30 - 11:30	JANICE NG	<i>AbsFocus</i>
11:45 - 12:30	OLMEN CHU	<i>Hip Opening & Happy Hamstring</i>
13:00 - 14:00	DEE OH	<i>Zumba + Cardio Hip Hop</i>
14:15 - 15:15	TRIXIE VELEZ	<i>Defin8 Barre + Zumba</i>
15:30 - 16:30	HAIRIN BAHREN	<i>WeBarre Fundamentals Class</i>
16:45 - 17:45	VICTOR KUMAR	<i>Ticket to Bollywood</i>

ZEN GARDEN

09:30 - 10:30	AMBIKHA DEVI	<i>Qi Meets Prana (Gentle Blending of Yoga & Qigong)</i>
10:40 - 11:40	LUCY CHAN	<i>Becoming a Love Magnet</i>
11:50 - 12:50	ALDO PRIVILEGGI	<i>Ultra Depth Meditation</i>
13:00 - 14:00	MICHELLE HARRIS	<i>Healing & Empowerment Meditation</i>
14:10 - 15:10	KIRTAN HONG KONG	<i>Mantra Music Meditation</i>
15:20 - 16:20	MINDY TAGLIENTE	<i>"Shush the Brain" Class</i>
16:45 - 18:00	ENHALE SOUND CIRCLE	<i>Sound Meditation</i>

SILENT DISCO

10:40 - 11:40	BRENDA WOO	<i>Yin and Healing</i>
11:50 - 12:50	MICHELE CHONG SIEW MEI	<i>Drum & Voice Bath</i>
13:20 - 14:20	PAK HUNG CHEUNG	<i>Rope Skipping</i>
14:30 - 15:30	DEE OH	<i>Ishta Yoga + Pranayama + Yoga Nidra</i>
15:45 - 16:45	KATHERINE LEE & SIENA TSANG	<i>Partner Yoga Flow</i>
17:00 - 18:00	AMBIKHA DEVI	<i>Evolutionary Dance</i>

THE PLAYGROUND

10:15 - 12:30	姜庭峰 KEUNG TING FUNG 中國香港徒手健身總會 Hong Kong China Calisthenics Association	<i>Street Workout & Calisthenics Performance & Workshop</i>
12:45 - 13:45	CHARLOTTE THOMPSON	<i>Coastal Kids</i>
14:00 - 15:00	CARMEN SANZ	<i>Kidding Around Yoga with Carmen</i>
15:15 - 16:15	VINCENT CHOW	<i>Yoga, Play, Love (Kids aged 4-9)</i>
17:00 - 18:00	GLOBAL TEA HUT	<i>Tea Ceremony Meditation</i>

IRIS INSIDER

09:30 - 10:15	CHERYL RODRIGUEZ	<i>Soul-full Sunday with Gongs PERFORMANCE</i>
10:30 - 11:30	VEGGIEWORLD Hosted by: Adeline Chan	<i>A Prayer for Compassion - How Plant Based Living Forms our Spiritual Journey PANEL TALK</i>
11:45 - 12:45	DBS PRIVATE CLASS - YOGA	
13:00 - 14:00	MEILINDA SUTANTO	<i>Food Energy - Transform your fatigue and stress through food TALK</i>
15:30 - 16:30	BEATRICE LEE	<i>Understanding the Impact of Childhood Trauma TALK</i>
17:00 - 18:00	FLORA CHAN	<i>Discover your Inner Rainbow with Chakras WORKSHOP</i>



POWERED BY:



HEART HEALTHY CHOICES

On a mission to inspire Hong Kong people to move more for better health, ManulifeMOVE presents you with some great choices to energize your heart at IRIS: Your Escape. Don't miss out!

Specially brought to you by



CAM KUI
Harmonious Flow

🕒 Day 1 11:00-12:00
📍 YOGA STAGE

A 45-minute non-stop vinyasa yoga flow with each movement synced to each breath



BRIAN LAI
Breath Mastery

🕒 Day 1 16:10 - 17:10
📍 ZEN GARDEN

Learn how to use your breathing as the remote to your mind / body system and optimize heart health

HOUSE OF FITNESS



ACTON
HIT FIT

KRISCHA
HIT FIT

🕒 Day 1 18:15 - 18:45
📍 FIT DISTRICT

A 30-minute, high-intensity workout that keeps your heart rate between 120 - 150 bpm and improves cardiac output



AMBIKHA DEVI
Qi Meets Prana
Gentle Blending of Yoga & Qigong

🕒 Day 2 09:30-10:30
📍 ZEN GARDEN

Activate the energetic field of the heart via qigong flow and elevate the heart in order to access joy, love and peace



PAK HUNG CHEUNG
Rope Skipping

🕒 Day 2 13:20-14:20
📍 SILENT DISCO

The Beginners Guide To Jump Rope Fitness for people of all ages, helping them achieve a healthy lifestyle



REBECCA JEAN WONG
Inside Flow

🕒 Day 2 17:00-18:00
📍 YOGA STAGE

Inside Flow integrates yoga and dance, allowing your body to groove to the music, let go, and flow to better heart health

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