

## THE REFINERY X CLARIITY MINDFUL POSTURE MASTERCLASS

You are cordially invited to join an insightful 45-minute 'mindful posture' masterclass on the 8th of May.

The masterclass will be co-hosted by Dr. Gillian Tsang, a registered chiropractor who has been in practice for ten years and Karen Leung, a professional Pilates instructor since 2012.

Join Dr. Gillian and Karen on a mindfulness journey starting with a grounding practice, followed with an insightful presentation, unveiling some key facts about the mind-body connection. This masterclass delves into the science behind the spine's influence on brain function, the nuanced language of pain, and the profound impact of posture on overall wellbeing, stress, behaviour, and aging. Walk away with actionable tips and guidance to improve your spine health and posture in your everyday activities. From simple exercises to ergonomic adjustments, learn how to integrate these practical strategies seamlessly into your routine for lasting benefits.

This seated session offers you the convenience of no attire change.

Seats are limited, don't miss out!

## WEDNESDAY. 8<sup>TH</sup> MAY 2024

BAR & LOUNGES

6:00PM - 6:45PM

FEES : COMPLIMENTARY

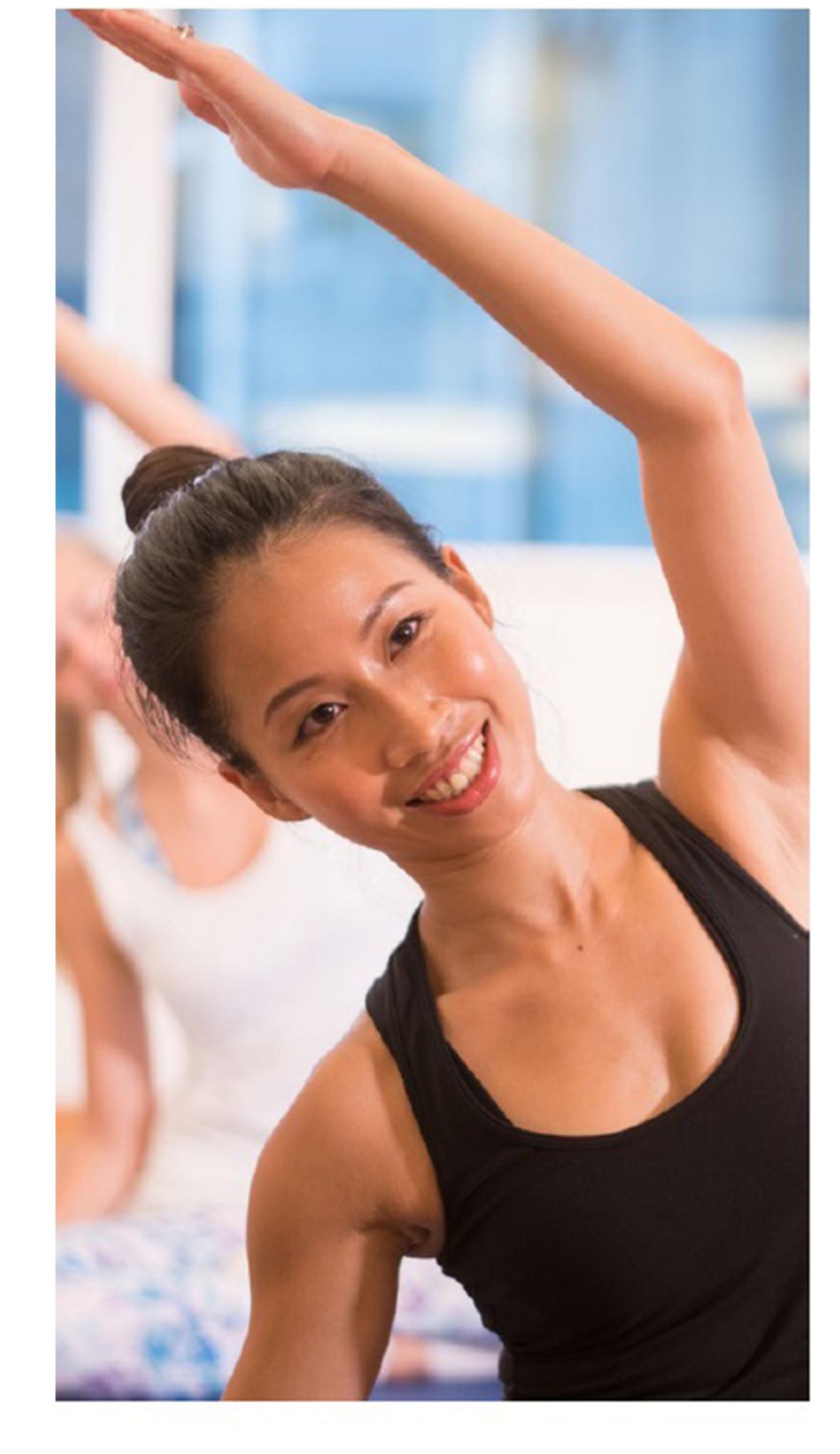
LANGUAGE: ENGLISH

FORMAT : GROUNDING PRACTICE AND INSIGHTFUL PRESENTATION

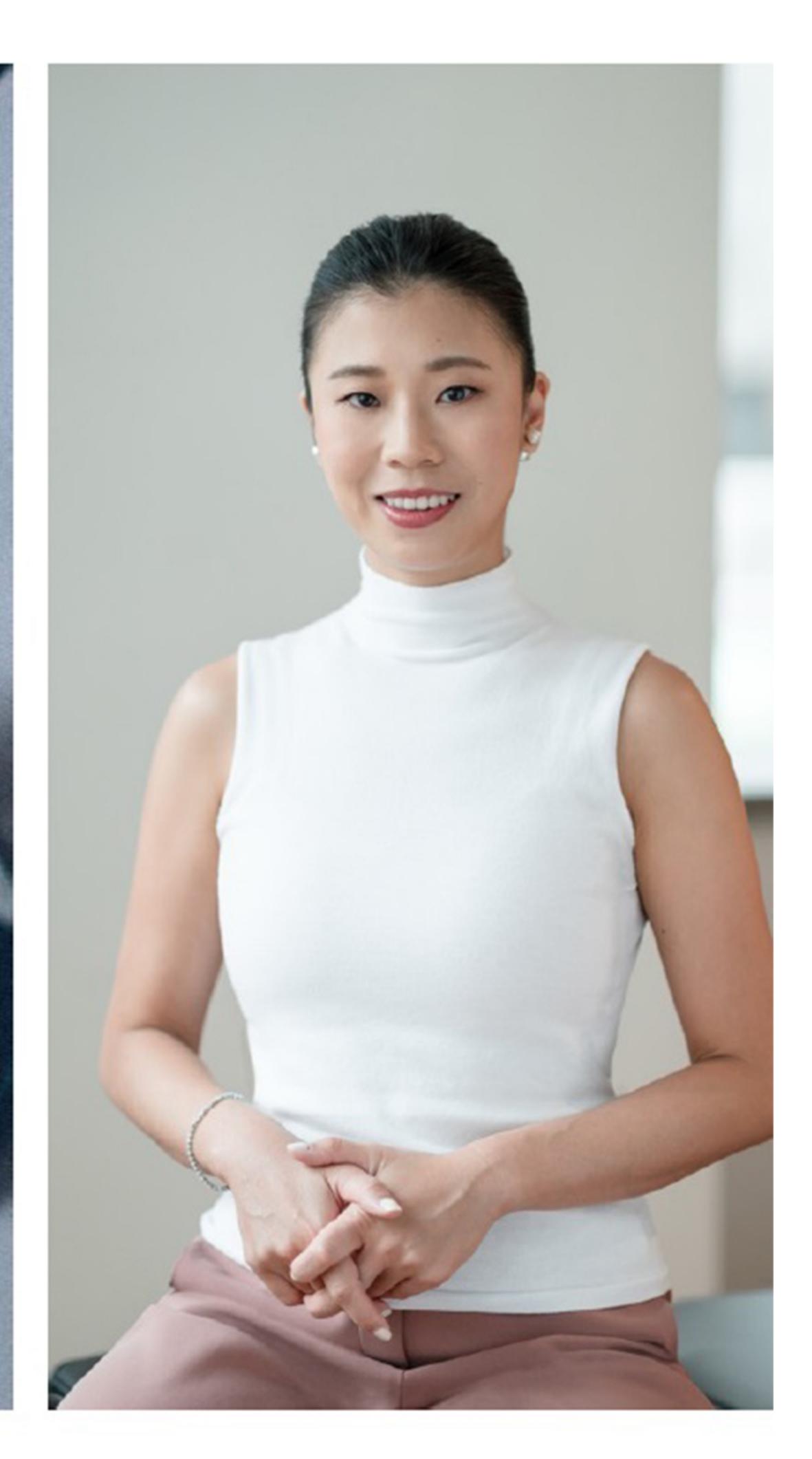
## Remarks:

- Members are eligible to enrol 1 guest only.
- Seats will be allocated on a first come first served basis.
- E-mail confirmation will be sent to successful enrolments.
- Please arrive on or before 5:50pm. The masterclass will commence promptly at 6:00PM.
- Cancellation Policy: In the event of any cancellation, please notify us as soon as possible to allow fellow members the opportunity to enjoy the experience.

## CLICK HERE TO BOOK









About the Brand

Clariity is a premium branded health and wellness platform. It aims to support busy professionals in creating a balanced and healthy lifestyle and believes prioritising selfcare is the pre-requisite to flourishing in all walks of life.

For registrations, please either sign up online, contact us on 2216 5715 or e-mail us at membership@refineryclub.com.