THE REFINERY X CLARIITY
MORNING MINDFUL MOVEMENT

The Refinery is bringing a new wellness series to our Members this May.

Embark on a transformative journey with our Morning Mindful Movement series at the Terrace, crafted for the dynamic lifestyle of busy professionals. Immerse yourself in a 40-minute Tai Chi, Mindful Pilates, Qi Gong or Mindful Movement session. This exclusive series is more than just a workout. It's a holistic experience designed to empower you for a productive day.

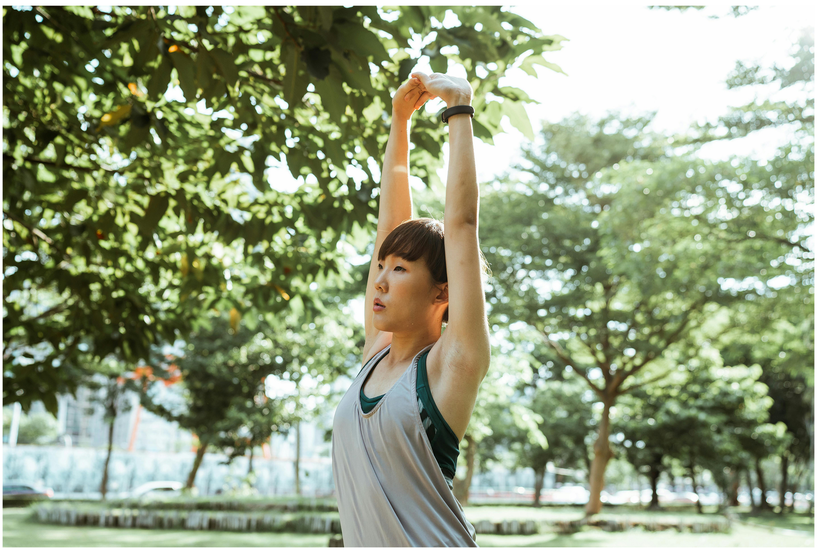
Register now to elevate your morning routine at The Refinery, where wellness seamlessly meets productivity for the modern professional!

WEDNESDAY. 8TH MAY 2024	
SESSION 1 - MINDFUL PILATES	8:00AM – 8:40AM
TUESDAY. 14TH MAY 2024	
SESSION 2 - TAI CHI	8:00AM – 8:40AM
WEDNESDAY. 22ND MAY 2024	
SESSION 3 - MINDFUL MOVEMENT	8:00AM – 8:40AM
TUESDAY. 28TH MAY 2024	
SESSION 4 - QI GONG	8:00AM – 8:40AM

FEES : MEMBER & GUEST @HK$180 PER PERSON PER SESSION
DURATION : 40 MINUTES
LANGUAGE : ENGLISH
ATTIRE : COMFY ATTIRE (FLAT SOLE SHOES ARE RECOMMENDED FOR TAI CHI & QI GONG)
EQUIPMENT : PLEASE BRING YOUR OWN YOGA MAT FOR PILATES & MINDFUL MOVEMENT

Remarks:
- Members are eligible to enrol 2 guests only.
- Places will be allocated on a first come first served basis.
- E-mail confirmation will be sent to successful enrolments.
- Please arrive at or before 7:50AM. Practices will commence promptly at 8:00AM.
- Cancellation Policy: 100% of total amount will be charged to Member's account within 7 days of event.

CLICK HERE TO BOOK



Clariity

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.