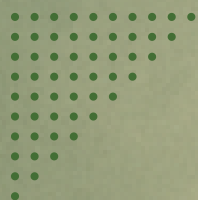




HOUSE OF WELLNESS OMAKASE 2025 SCHEDULE



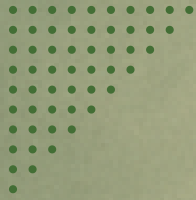
RESET, HEAL, REFLECT

Week 1
24 Nov – 30 Nov
8:00 AM – 10:00 PM

Date	What is happening?	Time
24 Nov (Mon)	Breathe your way to calm with Kit Yin Center & Energize: Cultivating Calm Through Breath and Movement with Kar Mun	8.30AM – 9.30AM 3PM – 4PM
25 Nov (Tue)	Safe to Thrive: The Science of Calm, Clarity, and Sustainable Performance with Sarah N.	9AM – 10AM
26 Nov (Wed)	Embrace: A Practice of Acceptance with Esther Tan	7.30PM – 8.30PM
27 Nov (Thu)	You Own Your Power Workshop with SuRika Lamar Wong The Power of Journaling Workshop with Joanne Wong	3PM – 5PM 6PM – 8PM
28 Nov (Fri)	Ho'oponopono Meditation with Sound Bath with Kar Mun Emotional Mastery in Leadership Workshop: Your Missing Link to 5X Your Income, Impact, & Inner Peace	2PM – 3PM 4PM – 6PM



HOUSE OF WELLNESS OMAKASE 2025 SCHEDULE



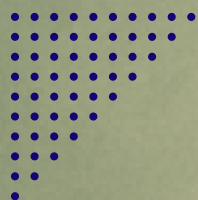
RESET, HEAL, REFLECT

Week 1
24 Nov – 30 Nov
8:00 AM – 10:00 PM

Date	What is happening?	Time
29 Nov (Sat)	Forgiveness Granted Workshop with SuRika Lamar Wong	10AM – 12PM
30 Nov (Sun)	Self-Heal Your Spine Workshop with Adrian Loh	3PM – 5PM



HOUSE OF WELLNESS OMAKASE 2025 SCHEDULE



GROW, FLOW, INTEGRATE

Week 2

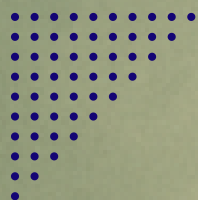
1 Dec - 7 Dec

8:00 AM - 10:00 PM

Date	What is happening?	Time
1 Dec (Mon)	CLASS BY KIT YIN (CHECKING WITH HER)	10AM - 11AM
2 Dec (Tue)		
3 Dec (Wed)	Rooted: A Practice for Confidence with Esther Tan Discover Pilates: Understanding the Foundation and Building Confidence in Movement with Stefheni	1PM - 2PM 7PM - 8PM
4 Dec (Thu)		
5 Dec (Fri)	The Peaceful Cycle: Restoring Hormonal Harmony Through Rhythm and Regulation with Sarah N.	8AM - 9AM



HOUSE OF WELLNESS OMAKASE 2025 SCHEDULE



GROW, FLOW, INTEGRATE

Week 2

1 Dec - 7 Dec

8:00 AM - 10:00 PM

Date	What is happening?	Time
6 Dec (Sat)	Navigate Within Through Inner Compass Cards Workshop with Joanne Wong	10AM - 12PM
	The Founder Reset Workshop with Yasmin	4PM - 6PM
	Pilates for Joy with Stefhani	6.30PM - 7.30PM
7 Dec (Sun)	Smart Series Workshop with Kit Lim	9.30AM - 11AM
	Your Exact Map to turn Passion into Success in 2026 Workshop with Chiron Yeng	2PM - 4PM