



Newsletter

Desember 2024

Yoga in the Sky: Meditasi dan Relaksasi

 Fifty Seven Promenade

Fifty Seven Promenade bersama Era Graha mengadakan “Yoga in the Sky” pada 2 November 2024. Olahraga ini diadakan dua sesi, pukul 14.30 WIB dan pukul 16.15 WIB.


“Yoga in the Sky” diisi dengan terapi bunyi menggunakan singing bowl yang dipandu oleh Angeline Mels (@asinahot) dan Sandra Chuhairy (@sandra.chuhairy).



Tujuan dari terapi bunyi menggunakan singing bowl ini untuk menenangkan pikiran dan tubuh sehingga mencapai meditasi yang lebih dalam. Setiap sesi selalu diwarnai dengan antusiasme tinggi dari peserta.

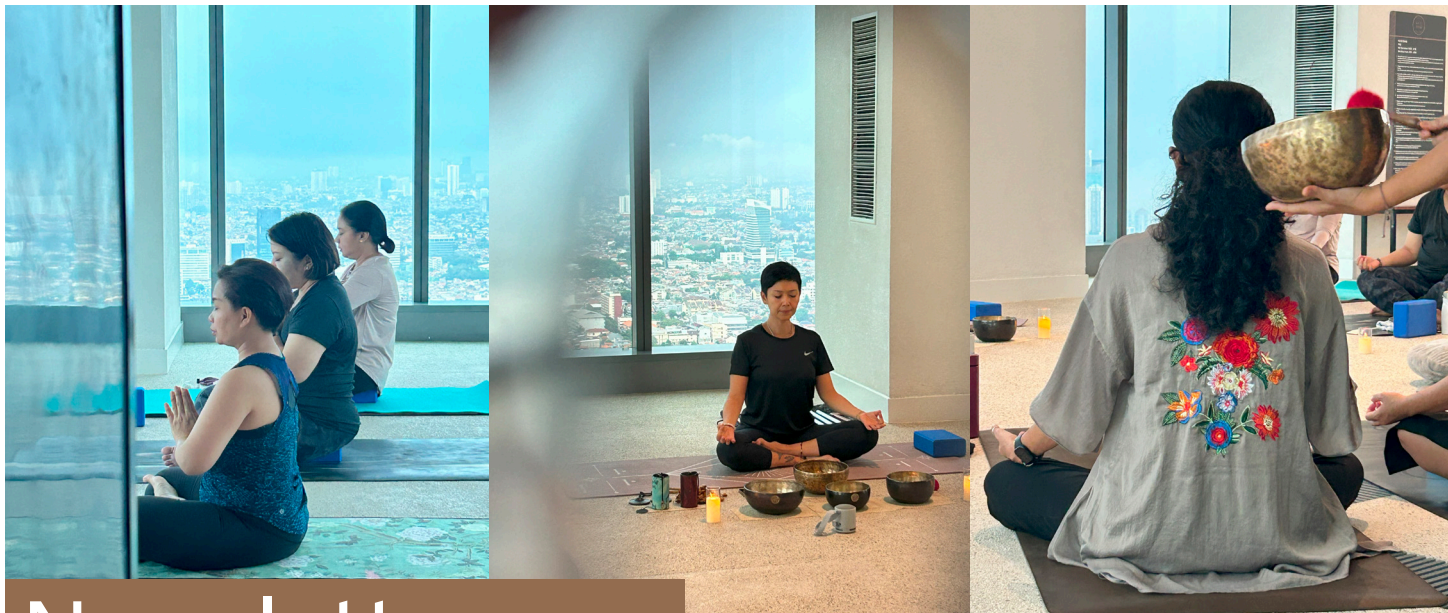
Fifty Seven Promenade mengajak Anda semua untuk ikut merasakan olahraga dengan pemandangan indah kota Jakarta dan temukan ketenangan dalam setiap gerakannya. Kami tunggu kedatangan Anda di acara “Yoga in the Sky” selanjutnya!

Informasi lainnya:

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Newsletter

December 2024

Yoga in the Sky: Meditation and Relaxation

 Fifty Seven Promenade

Fifty Seven Promenade, in collaboration with Era Graha, hosted "Yoga in the Sky" on November 2, 2024, with two enjoyable sessions at 2:30 PM and 4:15 PM WIB.



The event featured a relaxing sound therapy session with singing bowls, led by the amazing Angeline Mels (@asinahot) and Sandra Chuhaury (@sandra.chuhaury).



The goal of the singing bowl therapy was to help calm the mind and body, taking everyone to a deeper, peaceful meditation. The energy and excitement from all the participants made each session truly special!

At Fifty Seven Promenade, we take pride in fostering a vibrant community through unique experiences like our 'Yoga in the Sky' sessions. With breathtaking views of Jakarta's skyline, residents can look forward to joining activities that promote wellness and connection. It's just one of the many enriching opportunities that come with living at our luxurious residences.

More information:

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