



NEWSLETTER JULY 2026

Pesta Hidup Berseri: Wellness in Every Moment

On Saturday, July 18th, 2026, SQ Dome welcomed residents and guests to Pesta Hidup Berseri: Flow With Joy, a celebration of mindful living where movement, wellness, and community came together in one inspiring day.



Sweat & Sculpt by Nadya Rudianto

This became one of the highlights of the event, inviting participants to energize their bodies and strengthen both mind and movement through a dynamic yoga session. The wellness journey continued with Qigong, Mat Pilates, and Meditation, offering different ways to reconnect, restore balance, and embrace a healthier rhythm of life.



Wellness & Lifestyle Bazaar

Complementing the day's wellness journey, guests explored a bazaar filled with wholesome food, refreshing herbal beverages, yoga apparel, and a collection of lifestyle brands. Together with our event partners and sponsor booths, the bazaar created a vibrant space where wellness extended beyond the mat and into everyday living.



Where Wellness Becomes a Lifestyle

Events like Pesta Hidup Berseri: Flow With Joy reflect the lifestyle that defines SQ Rés. More than simply a place to live, it is a residence where wellness, meaningful connections, and thoughtfully curated experiences become part of everyday life.



By leasing a unit at SQ Rés with Residential Leasing Intiland, you're choosing more than an address, you're embracing a lifestyle where every weekend offers something to look forward to, and every day feels a little more balanced.



Lease your dream unit at SQ Rés today and discover a lifestyle where wellness, comfort, and community come together effortlessly.



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