

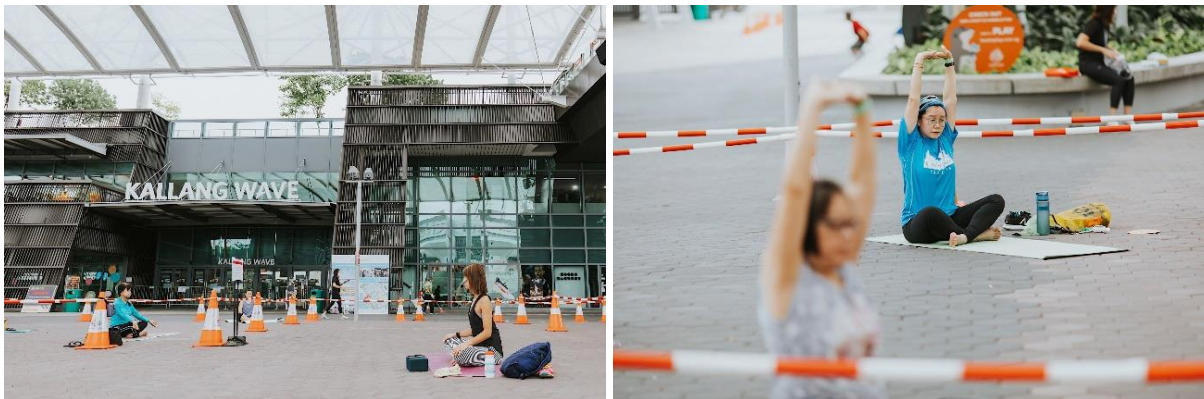
Media Advisory

Experience Celebrity-Led Yoga Sessions & Wellness Programmes At The Singapore Sports Hub

- *Yoga Vibes & Wellness Day on 10 October (Saturday)*
- *New Fitness Programmes For All Ages*
- *'Athletes' Backyard Guided Tour' and 'Sync or Swim' exhibition at the Singapore Sports Museum*

Singapore, 30 September 2020 – As we navigate a tough pandemic-fueled season, we are aware of how the strain of the last 7 months has taken a toll our lives and relationships. Conversations around mental-health and anxiety are growing, while the world yearns for a sense of normalcy. We urge you to pause, calm the mind's chatter and set aside that to-do list to better your health!

Yoga Vibes & Wellness Day on 10 October (Saturday)



[Recent SuperFit Yoga series in action: Together physically with appropriate distancing]

In conjunction with World Mental Health Day on 10 October, the Singapore Sports Hub will be running the **Yoga Vibes & Wellness Day** with an exciting, full-day line-up of rejuvenating yoga sessions by celebrity practitioners Denise Keller, Sara Wee, and Dawn Sim.

Focusing on different breathing techniques and various poses to strengthen the mind and body, the outdoor yoga sessions provide participants with a dedicated time to reconnect their mind, body and soul. Said Denise Keller, "Yoga is a mind-body practice and is considered a type of complementary and integrative health approach. It brings together physical and mental disciplines that help with relaxation and manages stress and anxiety."

Participants can also bring along a friend or family member to the experiential *Scent Remedies* and *DIY Hand Sanitiser & Insect Repellent* workshops, where they will be shown the health benefits of essential oils, and learn how to make D-I-Y and natural foot scrubs, scent rollers, hand sanitisers, and insect repellents.

Registration is required for the sessions. For more information on the programme schedule, visit www.sportshub.com.sg/yoga-vibes-and-wellness. Participants will get a limited-edition Yogi Pack (worth S\$30) when they sign up for any of the yoga sessions at S\$5.

Fun additions to the Experience Sports Programmes



[Fun times for all ages: SuperTrail Weekend Speed Walk & Dash]

With the rise in popularity of dance fitness classes as a fun alternative to aerobic workouts, members of the public can look forward to participating in the *SupaFresh Dance Movement - Weekend Plus* every Saturday at 9-10am, from 10 October (Saturday). With simple, easy-to-follow dance steps for all ages and fitness levels, join us to burn up to 500 calories per session. Together with *SuperTrail Weekend Speed Walk & Dash*, these are the two latest addition to the full slate of Experience Sports Programmes. Interested participants may check out www.sportshub.com.sg/experience-sports for more information.

Curated Tour and Exhibition at Singapore Sports Musuem

The Singapore Sports Hub will also be launching a specially curated 90-minute guided tour, titled **Athletes' Backyard Guided Tour**. Participants can rediscover the history of Sports, Arts and Heritage around the Sports Hub, including some of the heritage trail markers along the Riverside Walk. The tour will only be available in the month of October on Fridays, Saturdays and Sundays, at 10.30am and 2pm. Pre-booking is required.

Pop over to the Singapore Sports Museum after and be inspired by the temporary exhibition on synchronized swimming titled **Sync or Swim – The Art of Synchronised Swimming**. The exhibition traces the origins, artistry and regime of the physically-demanding sport via ambient lighting and enlightening history. Entry is free for Singapore Citizens and Permanent Residents. Visit www.sportshub.com.sg/sporting-playground for more information on both activities.

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For media enquiries, please contact:

Isabelle Loh
Weber Shandwick
T: +65 6825 8016
HP: +65 9115 4340
Email: ILoh@webershandwick.com

Adrienne Ser
Weber Shandwick
T: +65 6825 8010
HP: +65 8571 6855
Email: ASer@webershandwick.com

ABOUT SINGAPORE SPORTS HUB

The Singapore Sports Hub is a fully integrated sports, entertainment and lifestyle hub, with programming that comprises world-class recreational and competitive events, as well as community events, to serve children, youth, working adults, seniors, families, and less privileged population segments in Singapore and tourism sectors. Consisting of a unique cluster development of world-class sports facilities within the city, it plays a critical role in accelerating the development of Singapore's sports industry, excellence and participation. Its vision is to be the region's premier sports, entertainment and lifestyle destination.

Located on a 35-hectare site in Kallang, the Singapore Sports Hub includes the following facilities:

- A new 55,000-capacity National Stadium with a retractable roof and movable tiered seating
- The iconic Singapore Indoor Stadium
- A 6,000-capacity OCBC Aquatic Centre that meets FINA standards
- A 3,000-capacity OCBC Arena which is scalable and flexible in layout
- Water Sports Centre featuring kayaking and canoeing
- 41,000 sqm Kallang Wave Mall, including indoor climbing wall and Splash-N-Surf facility (Kids Waterpark, Stingray and Lazy River)
- 100PLUS Promenade that encircles the National Stadium
- Singapore Youth Olympic Museum & Singapore Sports Museum
- Sports Hub Library
- Shimano Cycling World
- Daily community facilities and activities, including beach volleyball, hard courts (futsal, basketball and netball) lawn bowls, giant chess, skate park and running & cycling paths.

The Singapore Sports Hub, which is managed by SportsHub Pte Ltd, is one of the largest sporting Public-Private Partnership (PPP) projects in the world. It is also Singapore's largest flagship PPP project of this nature and has won the Project Finance International (PFI) award in London in 2011, World Architecture Festival Awards for Best Future Project in the leisure-led development category in 2013 and Sports Building of the Year in 2014.

For more information, please visit the Singapore Sports Hub:

- Website: www.sportshub.com.sg
- Facebook: [sporesportshub](https://www.facebook.com/sporesportshub)
- Twitter: [@sgsportshub](https://twitter.com/sgsportshub)
- Instagram: [sgsportshub](https://www.instagram.com/sgsportshub)

The Public-Private Partnership includes:

