

HENG HU

Signature Wellness Experiences for Luxury Hospitality

Luxury Wellness Experiences | Qi Gong | Movement Meditation | Retreat Programming

Signature Wellness Experiences

Each practice can be offered as a standalone session or integrated within a wider spa programme, retreat schedule, or private wellness journey.

Designed for luxury hospitality environments, these offerings support recovery, nervous system regulation, emotional balance, and sustainable wellbeing while creating distinctive and memorable guest experiences.

Zen Shui Gong

45 60 Minutes

A signature restorative aquatic movement practice focused on spinal mobility, circular movement, and deep nervous system regulation.

Using spiralling motion, flowing transitions, and meditative breath, this practice creates profound calm while supporting rehabilitation, hip mobility, and structural balance.

Designed for deep restoration and elevated guest wellbeing.

Seated Movement Meditation

30 45 Minutes

A guided seated internal practice combining gentle movement, breath, and meditative awareness.

Suitable for all mobility levels, this accessible format supports energy cultivation, deep relaxation, and nervous system restoration without physical strain.

Ideal for in-room wellness experiences, spa integration, executive recovery sessions, and premium retreat workshops.

Its seated format offers a rare luxury advantage allowing guests to experience profound internal practice comfortably, discreetly, and without physical demand.

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Zen Tai Chi

60 90 Minutes

Based on Shaolin Rou Quan, this rare traditional soft form integrates Zen meditation, Taoist principles, and martial flow.

Through circular movement, deep rooting, and meditative awareness, the practice develops calm, balance, and internal energy.

Inspired by the qualities of Dragon, Tiger, Crane, Snake, and Monkey, this is both a moving meditation and a refined internal cultivation practice.

Shaolin Ba Duan Jin

45 60 Minutes

An invigorating Shaolin practice combining stretching, mobility, dynamic tension, and structural strengthening.

Guests often report feeling lighter, clearer, and more rooted immediately after practice.

Particularly effective when paired with bamboo massage, active recovery treatments, and rehabilitation-focused wellness programmes.

Si Duan Gong

15 30 Minutes

A traditional four-part movement practice focused on flexibility and mobility of the hips, shoulders, and spine.

Originally used by Zen monks during long periods of seated meditation, this practice promotes deep relaxation, postural release, and connection to the heart centre.

Ideal for grounding, recovery, and nervous system reset.

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Bespoke Wellness Programming

Private guest sessions, executive wellbeing experiences, retreat workshops, and custom wellness activations can be designed to align with the specific needs of your property, spa philosophy, and guest profile.

Each collaboration is tailored to create meaningful, memorable, and commercially valuable guest experiences.

Implementation & Support

All wellness experiences are designed for seamless integration within luxury hospitality environments and require minimal operational preparation.

Available Formats

- Private Guest Sessions
- Small Group Classes
- Retreat Workshops
- Executive Wellbeing Programmes
- Bespoke Spa Activations

Additional Support

- Staff Training
- Practitioner Mentoring
- Wellness Team Development
- Long-Term Programme Consultation

Each collaboration is designed to enhance guest satisfaction, strengthen brand distinction, and support meaningful revenue generation through elevated wellness experiences.