

Heng Hu

Signature Wellness Experiences for Luxury Hospitality

Heng Hu collaborates with luxury hotels, branded residences, private members clubs, and retreat destinations to deliver distinctive wellness experiences rooted in traditional Eastern disciplines and modern performance science.

Led by Aaron Bridge, a 35th Generation Shaolin Disciple, Heng Hu integrates movement, recovery, and mindful practice to support guest wellbeing, resilience, and long-term vitality.

Offerings can be delivered as standalone experiences, visiting practitioner residencies, retreat activations, executive wellbeing programmes, or bespoke wellness collaborations.

Signature Wellness Experiences

Zen Shui Gong™

Signature Aquatic Wellness Experience

A unique aquatic wellness experience created in Tokyo by Aaron Bridge.

Practised in water, Zen Shui Gong integrates breath, movement, recovery, and mindful awareness within the supportive environment of an aquatic setting.

Designed to promote relaxation, ease of movement, recovery, and overall wellbeing, the experience offers a distinctive addition to luxury hospitality, branded residences, and retreat environments.

Available as:

- Private Sessions
- Small Group Experiences
- Wellness Events
- Retreat Programming
- Visiting Practitioner Residencies

Complementary Experiences

Shaolin Movement Practice

Drawing upon traditional Shaolin training methods, this movement practice integrates mobility, breath, posture, and coordinated movement to support recovery, resilience, and overall wellbeing.

Suitable for morning wellness programmes, guest activities, recovery sessions, and retreat environments.

Supports:

- Mobility
- Recovery
- Relaxation
- Wellbeing
- Mindful Movement

Seated Movement Meditation

An accessible seated wellness experience integrating gentle movement, breath, and guided awareness.

Suitable for guests of all ages and mobility levels.

Supports:

- Relaxation
- Recovery
- Mental Clarity
- Stress Reduction
- Accessible Wellbeing

Collaboration Formats

Experiences can be tailored to the needs of each property, guest profile, and wellness philosophy.

Available Formats

- Private Guest Sessions
- Small Group Classes
- Wellness Workshops
- Retreat Programming
- Executive Wellbeing Experiences
- Visiting Practitioner Residencies
- Branded Residence Wellness Programmes

Why Heng Hu

- 35th Generation Shaolin Disciple
- Creator of Zen Shui Gong™
- Experience within luxury hospitality environments including Tokyo American Club and Bvlgari Hotel Tokyo
- International training across the United Kingdom, India, China, and Japan
- Integration of traditional practice and modern performance principles
- Bespoke wellness experiences designed for contemporary luxury hospitality

Enquire About Collaboration

Each collaboration is designed to create meaningful guest experiences while supporting wellbeing, recovery, and long-term engagement within luxury hospitality environments.

- Private Sessions
- Wellness Workshops
- Retreat Programming
- Visiting Practitioner Residencies