

WELLNUS FESTIVAL 2025

6 - 31 OCTOBER

ADOPT THE 7 PITSTOP PRINCIPLES AS A PART OF YOUR LIFESTYLE TODAY!

Join us this **October** as we celebrate wellbeing with exciting workshops and informative talks.

Limited slots available, sign up today!

07
TUE

MACRAME – CRAFT A BOHO BOTTLE HOLDER WORKSHOP

12.00pm – 1.30pm

[Click here to register](#)

10
FRI

OXIGENO WORKSHOP

5.00pm – 5.45pm

[Click here to register](#)

14
TUE

INSTANT HEALTH TALK

12.30pm – 1.30pm

[Click here to register](#)

15
WED

WELLNUS RESOURCE FAIR

12.00pm – 4.00pm

Find us at **YIH!**

24
FRI

KEEP CALM & REST WELL TALK

12.30pm – 1.30pm

[Click here to register](#)

28
TUE

MACRAME – CRAFT A BOHO BOTTLE HOLDER WORKSHOP

12.00pm – 1.30pm

[Click here to register](#)

31
FRI

OUTDOOR YOGA WORKSHOP

5.00pm – 5.45pm

[Click here to register](#)

