



COMPLIMENTARY WELLNESS ACTIVITIES

Day of week	Time	Activity	Location
Mondays	10:30 a.m. to 11:15 a.m.	Resistance Band Training	GLP Gym outdoor area (garden view)
Tuesdays	10:30 a.m. to 11:15 a.m.	Singing Bowl Meditation	The Spa at Grand Lisboa Palace
	3:00 p.m. to 4:00 p.m.	Flexibility Exercises	GLP Gym outdoor area (garden view)
Wednesdays	10:30 a.m. to 11:15 a.m.	Origami for Wellbeing	The Spa at Grand Lisboa Palace
Thursdays	10:30 a.m. to 11:15 a.m.	Singing Bowl Meditation	The Spa at Grand Lisboa Palace
	3:00 p.m. to 4:00 p.m.	Sprint Interval Training	GLP Gym outdoor area (garden view)
Fridays	10:30 a.m. to 11:15 a.m.	Full Body Stretching	The Health Club at THE KARL LAGERFELD
Saturdays	10:30 a.m. to 11:15 a.m.	Vinyasa Yoga	GLP Gym outdoor area (garden view)
Sundays	10:30 a.m. to 11:15 a.m.	Basic Yoga	GLP Gym outdoor area (garden view)

Promotion Period: : From 1 Jan to 30 June 2025



COMPLIMENTARY WELLNESS ACTIVITIES DETAILS

Resistance Band Training

Resistance band training builds muscle and boosts metabolism, increasing calories burned even at rest. This regular strength training contributes to effective weight loss and long-term weight management.

Singing Bowl Meditation

Combining meditation, deep breathing, and the soothing sounds of singing bowls creates a unique experience that alleviates stress, reduces anxiety and fosters deep relaxation and tranquility. This can also improve sleep quality and promote overall mind and body wellbeing.

Origami for Wellbeing

Origami's therapeutic benefits for mind, body, and spirit are the focus of this course. Rooted in ancient Japan, where it was a meditative practice, origami helps relieve stress, improve concentration, and promote serenity.

Flexibility Exercises

Flexibility Exercises, including stretching the neck and shoulder muscles, effectively improve blood circulation to the muscles and joints. Promoting blood circulation benefits your body by eliminating metabolic waste products.

Sprint Interval Training

Sprint interval training delivers significant improvements in cardiovascular health, aerobic endurance, muscle strength and power, and accelerated fat burning. It also helps prevent and manage high blood pressure.

Full Body Stretching

Full-body stretching, which includes dynamic exercises simulating sports movements, warms up muscles, improves blood flow to your joints, and boosts both vitality and flexibility.

Vinyasa Yoga

Seamlessly integrating movement and breath, this activity cultivates mindfulness and significantly improves flexibility, muscular endurance, and concentration.

Basic Yoga

Embark on a journey of serenity with our guided yoga session. Through various asanas, participants will enhance flexibility and strength, improve concentration, and increase resilience, ultimately fostering physical and mental wellbeing.



COMPLIMENTARY WELLNESS ACTIVITIES DETAILS

TERMS AND CONDITIONS:

1. By participating in any of the above-mentioned activities ("Activities"), the guest ("Participants") hereby confirms that he/ she agrees to all of the terms and conditions of the Activities.
2. The Activities are available for in-house guests only and guests must be at 18 years old or above to participate.
3. The venues for the Activities are The Spa and Health Club at The Grand Lisboa Palace or The Health Club at THE KARL LAGERFELD.
4. The Activities are valid from 1 January 2025 to 30 June 2025.
5. 24-hour advance reservation is required, and reservations are subject to availability. Please call (853) 8881 9550 or (853) 8881 3550 to secure your activities reservation.
6. Participants must be in casual or sportswear when participating in the Activities.
7. Advance reservation is required and places are available on a first come first served basis.
8. Guests must ensure that they are in overall good physical condition to participate in the Activities, which may require active and passive exercises, and that their participation in the Activities will not adversely affect their health, well-being or physical condition.
9. Guests who are pregnant or think they could be pregnant should consult a physician prior to participating in the Activities.
10. Participants must understand that it is their sole responsibility to determine if they are physically capable of participating in the Activities and/or to consult with a physician before participating in the Activities.
11. Grand Lisboa Palace reserves the right to prevent guests who are deemed inadequate to participate in the Activities by Grand Lisboa Palace, such as those who are in a visibly drunken state, or suspected of being under the influence of alcohol, drugs, stimulants and/or sedatives, etc., to participate in the Activities.
12. Participants acknowledge that risks and dangers may arise from the Activities, including but not limited to physical injuries. Participants agree to assume all risks associated therewith and hold Grand Lisboa Palace harmless from any liabilities, claims, damages or losses.
13. To ensure the privacy of all Participants, filming or photography in the venues of the Activities is not permitted.
14. Participants are solely responsible for their own belongings, and Grand Lisboa Palace will not assume liability for any loss or damages incurred.
15. Participants shall indemnify and hold Grand Lisboa Palace harmless against all actions, claims, and demands by any person who suffers or sustains any injury, loss, damage, to property or person, or death arising from or as a result of the Participant's gross negligence or willful misconduct.
16. Grand Lisboa Palace reserves the right to revise, cancel or modify the Activities at its sole discretion.
17. Grand Lisboa Palace reserves the right to amend the Terms and Conditions without prior notice.
18. In the case of any dispute, the decision of Grand Lisboa Palace shall be final.
19. These Terms and Conditions are governed by and construed in accordance with the laws of Macau SAR. In the event of any discrepancy between the Chinese and English versions of Terms and Conditions, the Chinese version shall prevail.

*Grand Lisboa Palace refers to SJM Resorts, Limited ("SJM"), GLP Hospitality Services Limited or other subsidiaries of SJM ("SJM Group") as the context requires.