

# RESET. REBALANCE. REJUVENATE

with a Revitalising Energy Retreat  
at The Fullerton Ocean Park Hotel

重 置 • 平 衡 • 煥 活

於香港富麗敦海洋公園酒店展開能量療癒靜修之旅

In today's dynamic and demanding professional landscape, enduring excellence is not merely the product of perseverance — it is cultivated through purposeful restoration. Set against the tranquil backdrop of The Fullerton Ocean Park Hotel Hong Kong, the **Revitalising Energy Retreat** offers a sublime sanctuary for holistic renewal.

This thoughtfully curated two-day one-night retreat invites you to rediscover your natural rhythm and replenish your vitality. Designed for discerning groups of 30, the experience includes a one-night stay in an elegantly appointed **Oceanfront Room**, where the soothing cadence of the South China Sea sets the tone for profound rejuvenation.

面對瞬息萬變的商業環境，卓越的表現不僅源於孜孜不倦的努力，更在於深層修復的智慧。香港富麗敦海洋公園酒店精心打造「能量煥新靜修」，為當代企業領袖量身訂製身心復原方案。在香港富麗敦海洋公園酒店寧靜和諧的自然景致中，體驗能量靜修之旅，全面煥活身心。

靜修體驗為期兩日一夜，引領您踏上身心煥活之旅。有關體驗專為30人的團體所設計，更包括**海景客房住宿**一晚，讓您於入住期間，以南中國海舒緩的節奏為深層恢復定下基調。



# CHAKRA ALIGNMENT THERAPY

脈輪平衡療法



Employing a dowser to assess and harmonise your core energy centres, this practice is complemented by the serene resonance of crystal appreciation, fostering energetic stability.  
通過能量探測器評估並協調核心能量中心，輔以水晶共鳴，促進能量穩定。

# SELF-CHARM CRAFTING

自製養生療祝福飾物



Create a personal talisman — a tangible embodiment of your restored equilibrium.

親手製作個人護養能量提升飾物，  
作為恢復平衡的具體象徵。

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# SOUND HEALING WITH SINGING BOWLS

## 頌鉢音療

Let resonant vibrations release accumulated tension, inviting serenity and deeper peace.

讓共振頻率釋放積累的緊繃，  
迎來寧靜與更深層的平和。

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# BREATHWORK MASTERY

呼吸法精修

Learn to consciously influence your physical, emotional, and mental states, awakening vitality through mindful respiration.

學習有意識地調節身體、情緒與心理狀態，  
透過正念呼吸喚醒活力。

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# MOBILITY RESTORATION

肢體復原

Reconnect with your physical self through gentle movement, enhancing awareness and integration.

透過溫和運動重新連結身體，提升覺知與協調。

# REFLECTIVE JOURNALING

反思日誌



Capture your thoughts feelings and cultivate gratitude,  
anchoring your transformation in mindful reflection.

記錄思緒並培養表達自我及有感恩之心，  
以正念反思錨定轉變。

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# FARM BY THE OCEAN: FARM-TO-TABLE EXPERIENCE

## 海洋農莊：「從農場到餐桌」體驗

As part of the wellness retreat, the programme offers an awe-inspiring farm-to-table experience through the thoughtfully curated "Farm by the Ocean." With a mission to plant the seeds of sustainability, this initiative is designed to immerse guests in nature through a rich sensory journey that celebrates local biodiversity. Nestled beside the sea, the farm serves as a living testament to the principles of ecological harmony, aligning seamlessly with the United Nations Sustainable Development Goals.

投入能量靜修之旅，享受海洋農莊為您呈獻令人讚嘆的「從農場到餐桌」體驗。海洋農莊的使命是播下可持續發展的種子，專誠為客人提供感官耕作體驗，讓他們更貼近大自然。在符合聯合國可持續發展目標的前提下，藉此機會推廣本地生物多樣性。

THE FULLERTON  
OCEAN PARK HOTEL • HONG KONG  
香港富麗敦海洋公園酒店

View the programme outline or  
scan to reservations and enquiries:

查看活動詳情或  
掃描二維碼進行預訂及查詢：



For enquiries or reservations, please contact The Fullerton F.U.N. team at  
**+852 2166 7400** or email **fop.wellness@fullertonhotels.com**.

如欲查詢或預約，歡迎致電 **+852 2166 7400**  
或電郵至 **fop.wellness@fullertonhotels.com** 與富麗敦F.U.N.團隊聯絡。