

MEDIA RELEASE

Zentosa LiveWELL Festival returns with over 250 activities across five holistic pillars of wellness

10 May 2023, Singapore – **Zentosa LiveWELL Festival*** returns to Sentosa with a holistic wellness compass for guests to curate their personal journey of wellness discovery. From 10 June to 9 July, the second edition of the festival will transform Sentosa into an island retreat with over 250 activities across five holistic pillars of wellness for festival-goers.

Leveraging Sentosa’s unique island vibes, Zentosa LiveWELL Festival will offer a range of experiences all across Sentosa Island, suitable for both Singapore residents and guests from around the region looking for a novel approach to wellness in an island-city getaway. Organised by Sentosa Development Corporation (SDC), and in collaboration with the Wellness Festival Singapore, the festival also empowers guests to care for their mental health, even as more Singaporean residents are willing to seek help for their mental wellbeing.¹

A highlight is the new mental and emotional wellness zone, FeelWELL at Fort Siloso, anchored by art installations and poetry created by local artists Kult Studio & Gallery and [Charlene Shepherdson](#), in collaboration with the National Arts Council and National Heritage Board. The installations and poetry tap into the storied history of Fort Siloso and aim to create an immersive experience for guests as they journey through quiet moments of self-reflection.

The festivities will kick off on 10 June with a specially organised **Discovery Walk**, where guests can discover more about Sentosa’s coastal and natural history as they embark on the walk with plenty of insightful pit stops along the way. Flagging off the Discovery Walk is Korean mixed martial artist and judoka Mr Choo Sung-hoon (better known by his nickname ‘Sexyama’), who had recently appeared on reality competition series, ‘Physical: 100’. As an exclusive privilege, Sentosa Islander members can register for one of 100 slots for an exclusive meet-and-greet session with him.

Zentosa LiveWELL Festival Village

Taking centre stage is the Zentosa LiveWELL Festival Village, housed at Southside from 10 to 25 June, leveraging the venue’s picturesque bayfront views as a serene yet vibrant backdrop. Aside from the ongoing activities and workouts, festival-goers can look forward to health-related talks, healthy food and beverage (F&B) options, and a range of free music programmes including Jazz by the Beach. SDC has also partnered The Body Shop Singapore which will be conducting yoga sessions at the Festival Village featuring instructor [Brandon Chong](#).

¹ National Population Health Survey 2021 Highlights Need To Focus On Preventive Health. Ministry of Health. (n.d.). Retrieved May 4, 2023, from <https://www.moh.gov.sg/news-highlights/details/national-population-health-survey-2021-highlights-need-to-focus-on-preventive-health>

Guests can curate their own wellness journey from across more than 250 activities at the festival, categorised into five key pillars, with mental wellness and the positive effects of strong lasting relationships as new focus areas this year.

FeelWELL – Building on mental wellness at Fort Siloso

FeelWELL will nurture one's mind and soul through a transformative art installation by Kult Studio & Gallery. The installation 'The Way to Wellness' will be exhibited across three tunnels of Fort Siloso and brings guests on a journey to inner peace through visual, auditory, and tactile cues. The installation is deliberately interactive, drawing festival-goers in to evoke a sense of introspection and reflection, leaving them renewed and reinvigorated at the end of their journey. Throughout each tunnel, visitors will get to experience the marvels of Charlene Shepherdson's literary works and appreciate the series of narratives and poems created by the artist. (Please see Annex for more information about the installations)

Guests can also pledge their commitment to better their own wellness journey by inking their pledge on a coloured ribbon which will be streamed together by local artists into a temporary art installation at the Fort Siloso Skywalk.



Artist impressions of the 'Resolutions' installation at Tunnel A Complex at Fort Siloso

Aside from the art installation, guests can also experience the healing power of plants through hands-on therapeutic horticulture workshops, among other activities that nurture guests' emotional and mental wellness.



Create a piece of moss art at one of the FeelWELL workshops at Fort Siloso

BondWELL – Strengthening relationships with loved ones at Imbiah

Strong relationships with loved ones are key to one's overall wellbeing, and activities at BondWELL will enable guests to immerse themselves in the welcoming environment and reconnect with loved ones. Stroll through the verdant surroundings of the Imbiah Trail, recharge through the healing and sensorial qualities of the forest via the Therapeutic Forest Walk @ Imbiah Trail, while gaining a deeper appreciation of the natural surroundings. Additionally, guests can 'digitally detox' from their devices and reconnect with family and friends through nostalgic and tradition games such as five-stones, pick-up sticks at the Imbiah Forecourt located just outside of Madame Tussauds Singapore.



Reconnect with your loved ones at the Discovery Walk as you explore the lesser-known parts of Sentosa

Return of popular experiences from 2022 (PlayWELL, EatWELL, and RestWELL)

Building on the positive guest feedback and encouraging participation in the inaugural edition, the key pillars of physical wellness (PlayWELL), healthy eating (EatWELL), and mindful resting (RestWELL) will return.

Fitness and mindfulness come together in these curated experiences designed to bring guests closer to their own physical wellbeing goals. One example is the enhanced True Fitness Hour, in partnership with True Fitness, where workout buffs can register for sessions with yoga instructor [Yenny Christine](#) and pick up tips to enhance their spinal flexibility, or learn about calisthenics from celebrity coach [Jacob Manning](#). Other True Fitness Hour sessions include Fight Do, a high-intensity class combining boxing and martial arts, as well as KPopX Fitness and Zumba.



Register for the True Fitness Hour workouts with Yenny Christine (left) and Jacob Manning (right) among other exhilarating classes

For those looking to take their workouts up a notch, sign up for classes such as Silent Kickboxing, a workout session with music and vocals beamed directly to an individual's headset, Beach Pop Cycle, an energetic cycling session with a groovy upbeat soundtrack, or WeBarre Stretch & Technique, a mix of floor Barre moves to achieve deep, active stretches.



Challenge one's physical fitness at the PlayWELL workouts such as Silent Kickboxing, Beach Pop Cycle, WeBarre Stretch & Technique, and more

Meanwhile, families can also register for another fun walk, Pa Pa Zou, on 2 July, a community initiative founded by Jack Neo that aims to inspire Singaporeans to embrace an active lifestyle by walking alongside local artistes and celebrities.

Discover the art of living well all around Sentosa

Further exemplifying the holistic One Sentosa experience, there will also be a range of health and wellness offerings by businesses on Sentosa as well as event partners and collaborators during this period. These include:

- Wellness staycation programmes coupled with healthy meal options at participating hotels Capella Singapore, Oasia Resort Sentosa, Resorts World Sentosa hotels, Shangri-La Rasa Sentosa, Sofitel Singapore Sentosa Resort and Spa, and W Singapore – Sentosa Cove.
- Healthier menu choices at eateries such as Rumours Beach Club, Siloso Beach Resort, as well as eateries at Quayside Isle, and more.
- Family bonding packages at attractions such as Madame Tussauds Singapore, Scentopia, Singapore Cable Car, SkyHelix Sentosa, Skypark Sentosa by AJ Hackett, among others.
- Yoga sessions in the “Van Gogh: The Immersive Experience” at Resorts World Sentosa.

Tickets for activities and experiences at Zentosa LiveWELL Festival Village are priced at either \$10 or \$15 per session and will go on sale from Thu 18 May onwards. Sentosa Islander members can also enjoy a 20% discount off their bookings. For more information about Zentosa LiveWELL Festival 2023, please visit <https://zentosafest.sentosa.com.sg>

High-res images can be downloaded [here](#). Photos to be credited to Sentosa Development Corporation.

*Editor's note: The inaugural edition of Sentosa's wellness festival, Zentosa Fest, was held in 2022. The festival name has been updated and will be known as Zentosa LiveWELL Festival from 2023 onwards.

About Sentosa

Sentosa, where discovery never ends, is Asia's leading leisure destination and Singapore's premier island resort getaway, located within 15 minutes from the central business and shopping districts. The island resort is managed by Sentosa Development Corporation, which works with various stakeholders in overseeing property investments, attractions development, and operation of the various leisure offerings and management of the residential precinct on the island.

The 500-hectare island resort is home to an exciting array of themed attractions, award-winning spa retreats, lush rainforests, golden sandy beaches, resort accommodations, world-renowned golf courses, a deep-water yachting marina and luxurious residences – making Sentosa a vibrant island resort for business and leisure. Sentosa is also home to Singapore's first integrated resort, Resorts World Sentosa, which operates Southeast Asia's first Universal Studios theme park.

Situated on the eastern end of Sentosa Island is Sentosa Cove, an exclusive waterfront residential enclave bustling with more than 2,000 homes, quayside restaurants, retail and specialty shops. The island is also proud to be home to Sentosa Golf Club and its two acclaimed golf courses, The Serapong and The Tanjong. Sentosa Golf Club has hosted a number of high-profile professional and amateur tournaments, including the Singapore Open and HSBC Women's World Championship, welcoming international star players and world-class golf professionals from across the world.

Welcoming a growing number of local and international guests every year, Sentosa is an integral part of Singapore's goal to be a global destination to work, live and play. For more information, please visit: www.sentosa.com.sg.

 /SentosaOfficial
#Sentosa, #SentosaDiscovery, #DiscoveryNeverEnds

 @sentosa_island

 @sentosaisland

About Sentosa Development Corporation

Sentosa Development Corporation (SDC) was established on 1 September 1972 as a Statutory Board under the Ministry of Trade and Industry. Its charter since inception has been to oversee the development, management, marketing, and promotion of the island of Sentosa as a resort destination for locals and tourists.

SDC wholly owns its subsidiaries Sentosa Cove Resort Management Pte Ltd and Sentosa Golf Club Pte Ltd. SDC also owns the Singapore Cable Car Sky Network, managed by Mount Faber Leisure Group Pte Ltd, a wholly owned subsidiary which operates as an autonomous commercial arm.

As a testament to its commitment to sustainability, SDC has been conferred the Global Sustainable Tourism Council – For Destinations (GSTC-D) certificate, making Sentosa the first island destination in Asia to receive this accolade.

Annex – Focus pillars of Zentosa LiveWELL Festival

Open up your world of wellness.

Zentosa LiveWELL Festival sees Sentosa transform into an islandwide hub for the art of living well.

Immerse yourself in curated activities and holistic experiences that cater to all aspects of well-being. The five festival pillars focus on different aspects of wellness, offering the perfect opportunity to rejuvenate the mind, body, and soul.

Zentosa LiveWELL Festival is part of the nationwide Wellness Festival Singapore, brought to you by the Singapore Tourism Board.

1. PlayWELL

Fitness and mindfulness come together in our curated selection of experiences, designed to bring you closer to your goals of physical wellbeing.

Discovery Walk

Get a head start on your month of wellness with this ticketed 5km walk that takes you through the lesser-known nooks and crannies of the island.

Festival Village

The Festival Village is the beating heart of Zentosa LiveWELL Festival, where the vibrant and engaging atmosphere truly brings the festival to life.

Look forward to insightful talks and workout classes by celebrity personalities and instructors, as well as a range of music programmes — including jazz by the beach!

F&B will also be available at the Market Hall, for those seeking healthy and nourishing options.

2. BondWELL

Embark on a journey of family bonding through a range of therapeutic and engaging activities. Discover fascinating insights about the island's geography while deepening your connections with loved ones.

3. FeelWELL

Explore a transformative art installation and poetry that nurtures your mental and emotional wellness, created by local artists Kult Studio & Gallery and Charlene Shepherdson, in collaboration with the National Arts Council and National Heritage Board.

The installation conveys wellness through the marriage of heritage and art, as you journey through the tunnels of Fort Siloso in search of resolution, transformation, and reflection.

The journey begins at Tunnel C, where guests are invited to centre themselves in a deconstructed Zen garden and reflect upon their life journey so far. The journey continues in Tunnel B where visitors confront themselves and their lifestyle. As they exit this tunnel, visitors symbolically cleanse themselves and start afresh on a blank slate. The last part of the

installation takes place in a colourful Tunnel A, where visitors are invited to fill their lives with colours representing various aspects of mental wellness.

Throughout each tunnel, visitors will also get to experience the marvels of Charlene Shepherdson's literary works and appreciate the series of narratives and poems created by the artist.

4. EatWELL

Savour the flavours of special festive menu options curated by our partners, bundled together with fulfilling wellness activities to complement your meals.

5. RestWELL

Disconnect with the hustle and bustle of daily life to reconnect with yourself and loved ones.