



FOR IMMEDIATE NEWS RELEASE

Artyzen Grand Lapa Macau Celebrates 7th International Yoga Day

Promoting “One Earth, One Health” Through Mindful Movement and Community Connection

[Macau, 22 June 2025] Artyzen Grand Lapa Macau proudly celebrated its 7th annual **International Yoga Day** on the morning of 22 June 2025 with a meaningful group yoga session held in the elegant hotel lobby. Organised in collaboration with Yoga Light and the Yoga and Sports General Association of Macau, China, the event welcomed over 120 participants to honour this year’s global theme “Yoga for One Earth, One Health.”

Since 2018, Artyzen Grand Lapa Macau has actively hosted International Yoga Day as part of its heartfelt commitment to wellness and cultural connection. Now in its 7th year at the resort, this annual observance reaffirms the mission to create enriching experiences that support both the local and global community. First recognised by the United Nations in 2014, the annual observance has now reached its 11th anniversary, promoting health, mindfulness, and peace through yoga around the world.

The 70-minute Hatha-style yoga practice was guided by masters and instructors from Yoga Light and the Yoga and Sports General Association. The practice offered a complete journey through movement and breath, beginning with foundational stretches, followed by multiple rounds of Sun Salutation, and a flowing series of standing, kneeling, sitting, prone, and supine postures. Under expert guidance and in a serene atmosphere, participants moved mindfully through each set, with a focus on posture, breath, and body awareness, an approach designed to improve flexibility, concentration, and inner calm, while embodying unity, wellness, and mindful living.

Prior to the mass yoga session, an opening ceremony was held. Officiating guests included Mr. Kent Chow, Area Director of Human Resources of Artyzen Grand Lapa Macau; Mr. Rahul Hande and Ms. Yulia Tikhonova, Master and Instructor of Yoga Light; Ms. Louise Shum, Director of the Yoga and Sports General Association of Macau, China (YAM); and Mr. Kavi Khemlani, Representative of the local Indian community.

“We are honoured to continue our collaboration with Yoga Light and the Yoga and Sports General Association of Macau, China, in bringing this meaningful wellness event to life for all participants. As Macau’s only urban resort shaped by East-meets-West heritage, we are dedicated to helping our community nurture both body and spirit through cultural and wellbeing experiences,” said **Mr. Kent Chow, Area Director of Human Resources of Artyzen Grand Lapa Macau**, as he reaffirmed the hotel’s ongoing commitment to wellbeing and cultural engagement. “Our hotel has always been a welcoming space for community gatherings, and International Yoga Day is a reflection of our heartfelt commitment to Connect, Care, and Celebrate with those around us. With lush surroundings and a wide array of facilities, Artyzen continues to promote Boa Vida—Enjoying the Good Things in Life—by creating enriching moments for both the Macau community and our guests.”

Mr. Rahul Hande, Yoga Master of Yoga Light, welcomed participants and shared, “Yoga is much more than physical movement, it is a way of life, regardless of age, gender or fitness



level, yoga teaches us to move with mindfulness and live with intention. Let this day remind us of the beauty of this ancient wisdom and inspire us to carry its benefits forward into our everyday lives.”

Echoing the comment, **Ms. Yulia Tikhonova, Yoga Instructor of Yoga Light**, “As we know, many seek health through excesses or diets, but yoga offers something more. It teaches us to unite our body and mind through posture (asanas), breath (pranayama), and meditation. With regular practice, yoga increases flexibility, strengthens our immune system, and helps us think more positively. Today’, let us all practice in unity, one earth one health.”

Ms. Louise Shum, Director of the Yoga and Sports General Association of Macau, China (YAM), expressed her thoughts “A heartfelt thank you to all the yogis who joined our “The 11th International Day of Yoga” today. Inspired by this year’s theme, ‘Yoga for One Earth, One Health’, every guest immersed themselves in mindfulness and strength yoga practices with the expert instructor.”

Mr. Kavi Khemlani, Representative of the local Indian community, offered a heartfelt reflection on yoga’s deeper purpose. “Is not simply the twisting of limbs or holding of breath. It is the exploration of life’s mechanics—an experience where everything becomes one. At a time when the world is advancing rapidly in technology, yoga reminds us to develop inner awareness. It is more than physical—it connects us to the universe of true consciousness.”

After the yoga session, all participants were invited to enjoy a healthy breakfast, an energising close to the morning and an opportunity to connect and reflect on the meaning of the day.

The hotel’s peaceful surroundings, lush gardens, and ongoing dedication to cultural enrichment continue to position Artyzen Grand Lapa Macau as a destination of wellness, harmony, and heartfelt connection in the heart of the city.

– End –




Photos Download

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	Photos	Caption
1		<p>Group Photo of all officiating guests with members from the organiser and the co-organizers.</p>
2		<p>Major group photo with all guests, instructors and participants.</p>
3		<p>The International Yoga Day Mass Yoga event at Artyzen Grand Lapa Macau attracted over 120 participants.</p>



4		Instructors from the co-organisers led the Hatha-style yoga practice
5		Postures of the Hatha-style yoga practice.
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About Artyzen Grand Lapa Macau

Well established in the heart of Macau, the upscale urban and lifestyle resort Artyzen Grand Lapa Macau offers a window into the city's culturally rich heritage. The name "Grand Lapa" draws inspiration from the prestigious Lapa district in Lisbon, Portugal, where celebrities and aristocrats reside. As a true homegrown brand, the hotel celebrates Macau's remarkable artistic and cultural enclave in a tasteful and stylish manner. artyzengrandlapamacau.com

About Yoga Light

Yoga Light is a yoga and fitness company based in Macau. Incorporated from August 2016, Yoga Light was founded by the yoga Instructor Master Ritesh Kumar, who has been teaching in Macau and Hong Kong for 8 years and is renowned in the yoga community for his professional and passionate teaching. Yoga Light strives to deliver the spirit of yoga: healing, unifying, self-awareness, love, energy, and transformation.

About Yoga and Sports General Association of Macau, China

The Association is a non-profit organization of which the purpose is to promote, standardize and lead yoga activities, so as to improve the aptitude of enthusiasts. It also formulates and implements the rules of yoga activities in Macau as well as supervising training for yoga instructors. Helping to train yoga athletes to represent Macau in international competitions is also a mission of the Association. It also helps link Macau with national and international arenas in yoga.