

6 June
2026

VOGUE
SINGAPORE
WELLNESS

A one-day immersion into modern wellbeing featuring thought-provoking conversations, movement sessions and expert-led masterclasses.

Hosted at
METT
Singapore

CONVERSATIONS

9.30AM -
10.15AM

NUTRITION

THE POLITICS AND PHILOSOPHY OF YOUR PLATE
Presented by Zespri

Speakers: Charlotte Mei, Riyana Rupani, Ellie Cheale, Kok Hwee Ng
Moderator: Karmen Tang

10.30AM -
11.15AM

FROM BURNOUT TO BALANCE

RETHINKING HOW WE FEEL AND LIVE

Speakers: Crystal Lim-Lange, Zaylea Kua, Nicole Chew
Moderator: Maya Menon

11.30AM -
12.15PM

BUILT, NOT BORN

THE PERFORMANCE MINDSET OF ELITE ATHLETES

Speakers: Benjamin Kheng, Natalie Dau, Amita Berthier
Moderator: Kelly Latimer

1.15PM -
2PM

THE LONGEVITY BLUEPRINT

ENGINEERING A LIFE WELL LIVED

Speakers: Kathy Gabriel, Diana Kraemer, Prof Andrea Maier
Moderator: Dr Olivia Lesslar

2.15PM -
3PM

FUTURE OF WELLNESS

THE AGE OF INTELLIGENT LIVING
Presented by Syfe

Speakers: Grant Wee, Catherine Ball, Samantha Horton
Moderator: Natasha Damodaran

3.15PM -
4PM

ASIAN REMEDIES

TRADITIONAL MEDICINE IN A MODERN WORLD

Speakers: Victoria Tan, Candice Goh, Chee Hee Seng
Moderator: Nadya Hutagalung

4.15PM -
5PM

HER STORY

FERTILITY AS PART OF MODERN WELLNESS
Presented by GenPrime

Speakers: Margaret Wang, Dr Jessie Phoon Wai Leng, Bea Camacho
Moderator: Emily Heng

MOVEMENT

7.30AM - 8.30AM

MADHOUSE RUN CLUB

Hosted by Madison House and Benjamin Kheng
A 3.5KM group run through Fort Canning Park to start your wellness day on the right foot.



7.45AM | 8.45AM

FLOATING SOUND BATH

Hosted by Madison House
A restorative sound bath on water designed to still the mind and soothe the body.



8AM to 4.30PM

OUTDOOR PADEL

FREE PLAY | BEGINNER | INTERMEDIATE

Hosted by Madison House
Coach-led padel sessions where movement and energy come together outdoors.



9AM - 12.30PM

ABSOLUTE PILATES

Hosted by Absolute Pilates
Designed as a refined full-body workout, this Reformer session targets multiple muscle groups with emphasis on alignment and elongation.



10AM | 11.30AM | 1PM | 2.30PM | 4PM

YOGA SESSIONS

FLOW | SCULPT | HATHA FLOW

Hosted by Madison House
Blending fluid movement and strengthening sequences to energise the body.



10.15AM | 4.15PM

THE REFORMER SOCIETY

Hosted by Reformer Society
This session brings a fresh, high-energy approach to Reformer workouts-blending high-intensity intervals with resistance-based training.



MASTERCLASSES

11.30AM - 12.15PM

THE ART OF JOURNALLING
REFLECTION AND RESET

Led by Crystal Lim-Lange, this journaling session explores clarity, self-awareness and intentional growth through reflection and practical goal-setting tools.

3.15AM - 4.15PM

SET IT, FORGET IT, LIVE IT
EFFORTLESS INVESTING FOR FINANCIAL WELLNESS

Presented by Syfe, this masterclass explores smarter investing, passive income and long-term financial wellbeing.

2PM - 3PM

MINDFULNESS MASTERCLASS
JOURNEY THROUGH THE FIVE KOSHAS

An immersive meditation journey by VIVA experiences—exploring the Five Koshas through visualisation, sensory rituals and sound healing to restore calm and balance.

10.30AM - 11.30AM

MINDFULNESS MASTERCLASS
RITUALS OF AYURVEDIC SELF-MASSAGE

Led by VIVA, this Ayurvedic ritual uses self-massage, Marma therapy and stretching to release tension and restore balance.

2PM - 3PM

MINDFULNESS MASTERCLASS
JOURNEY THROUGH THE FIVE KOSHAS

An immersive meditation journey by VIVA experiences—exploring the Five Koshas through visualisation, sensory rituals and sound healing to restore calm and balance.

3.15PM - 4.15PM

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TICKET TYPES

ACCESS ESSENTIAL

\$58

- ✓ Access to all panel conversations
- ✓ Complimentary breakfast, lunch and coffee breaks
- ✓ Participation in social hour & networking session

ACCESS PLUS

\$88

- ✓ Access to all panel conversations
- ✓ Complimentary breakfast, lunch and coffee breaks
- ✓ Participation in social hour & networking session
- ✓ Access to **one** movement session of your choice

ACCESS VIP

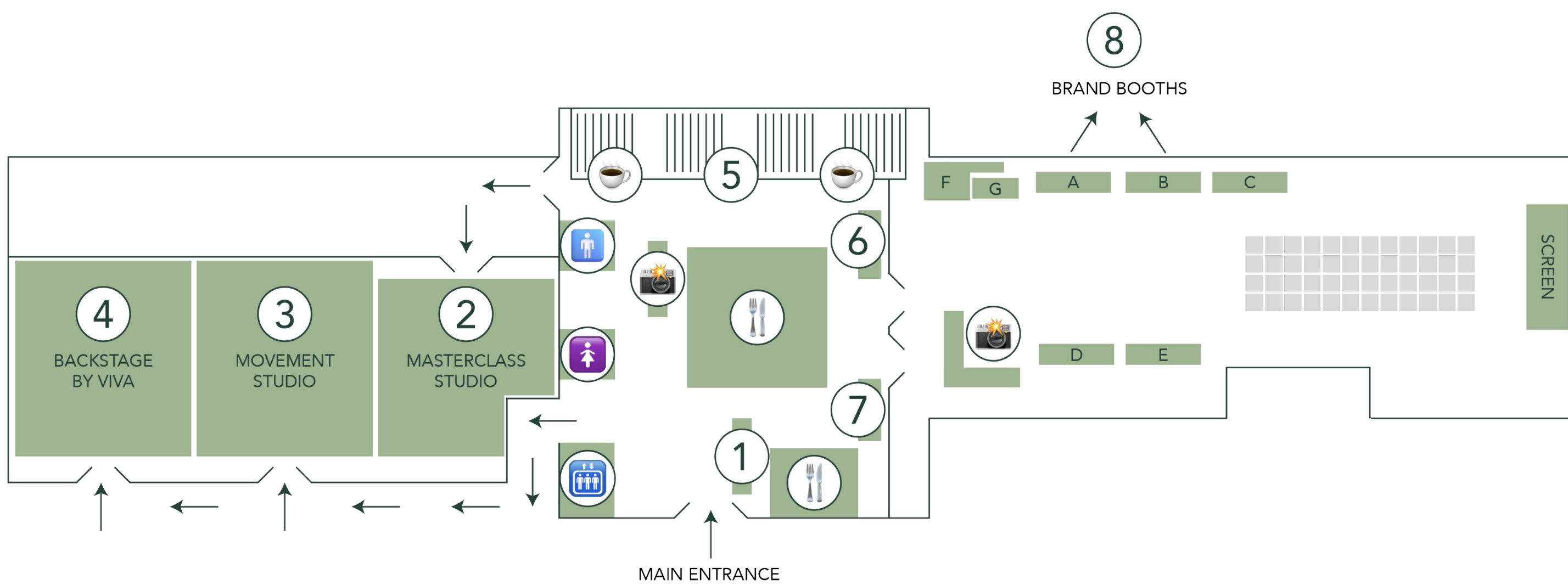
\$150

- ✓ Access to all panel conversations
- ✓ Complimentary breakfast, lunch and coffee breaks
- ✓ Participation in social hour & networking session
- ✓ Priority entry & reserved seating
- ✓ Access to **two** movement sessions of your choice
- ✓ Access to **one** treatment of your choice at The Longevity Suite (worth over SGD200)
- ✓ A complimentary limited-edition Vogue Wellness tote bag (worth over SGD100)

[Learn more about Vogue Wellness here](#)

[Secure your tickets here](#)

FLOOR PLAN: INDOOR



1 Registration

2 Masterclass Studio
 I AM WELL & Syfe

3 Movement Studio
 Absolute Pilates &
 The Reformer Society

4 Backstage
 by VIVA

5 Water Station

6 The Purest Co.

7 IM8

8 Brand Booths
 A: SYFE
 B: GenPrime
 C: The Wellness Co.
 D: The Reformer Society
 E: VETRESKA
 F: Chloé Parfums
 G: Vogue Singapore

 Photo Opportunities

 Elevator

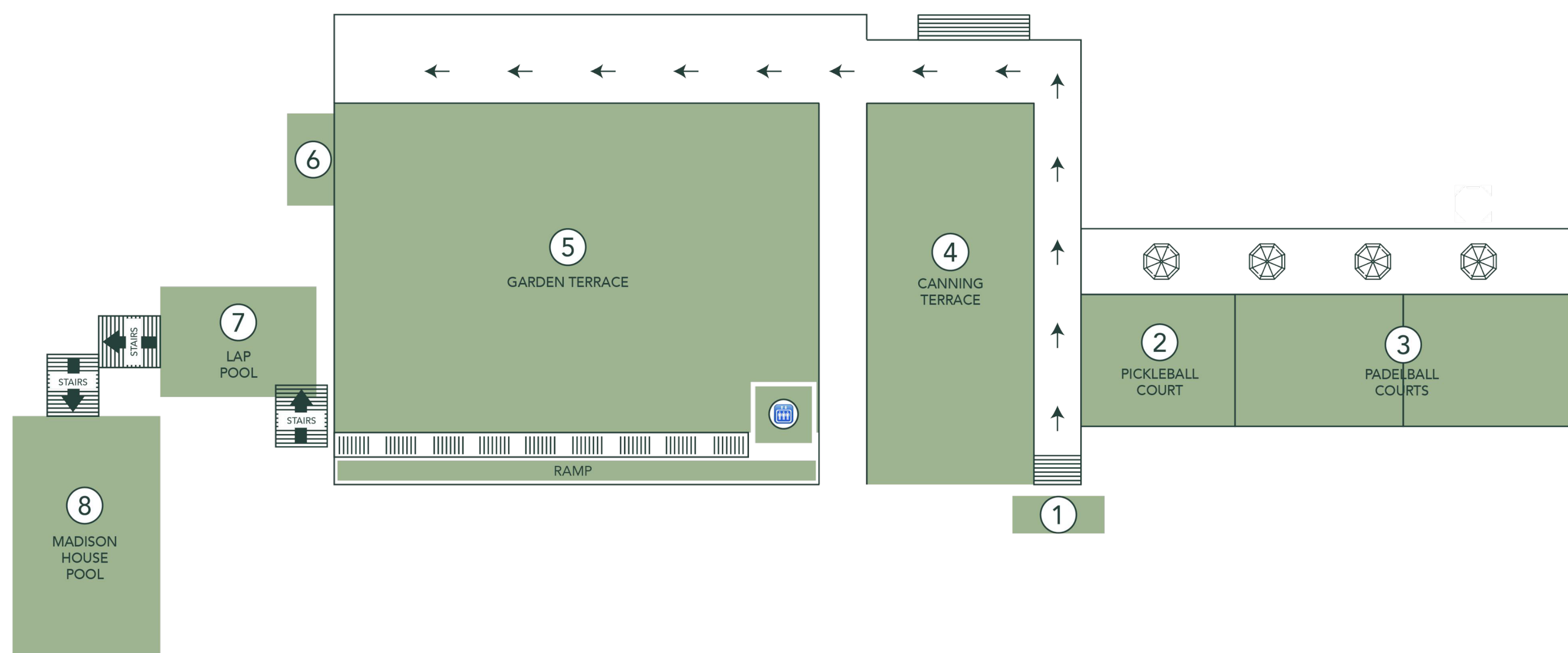
 Food & Beverages

 Coffee & Tea

  Bathrooms

FLOOR PLAN: OUTDOOR

Public Transport Access



1 **METT Singapore Ballrooms**
 To Vogue Wellness Registration (L1), Shower Facilities & The Longevity Suite (L2)

2 **Madison House Pickleball Court**
 Yoga, Strength and Sculpt sessions
 WISKII Active Brand Booth
 Salsa Social Hour

3 **Madison House Padel Courts**

4 **Canning Terrace**

5 **Garden Terrace**

6 **Madison House Gym and Private Studio**
 VIVA Mindfulness
 Masterclasses

7 **Madison House Lap Pool**
 Morning Floating
 Sound Bath

8 **Madison House Adult Pool**
 Available for guest use throughout the day

 **Elevator**