



# MENTAL HEALTH AWARENESS WEEK

*5-11 October 2025*

*“Revitalise your mind”*

Our wellbeing island invites you to nurture joy and balance every single day. This week, discover our Mind Pillar experiences along with a special workshop for mental health

*5 October 2025*

## KEY TO LIFE: AWARENESS WORKSHOP

Awareness is a quiet source of wisdom,  
opening the door to clarity, peace, and a more enriching life.

Explore the transformative role of awareness in emotional wellbeing. Learn to enhance your own consciousness through daily practices and tools, our essentials for purposeful living.

11:00 am to 11:45 am | LOTUS | Complimentary

## JOALI BEING

*For information or reservations, please contact your Jadugar.*



JOALI BEING