



AURA-former

by
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Save the date!

11-15
June

Discover the tools to nurture
your well-being and find inner
harmony.

“ Where Strength Meets Soul ”



Introducing a holistic approach to wellbeing, AURA-former is a transformative experience blending feel-good Pilates moves with breath work and mind-body coaching to help you de-stress, boost your mood, and discover your inner sparkle. Designed to elevate your core, nurture your soul, empower you to live with balance, clarity and purposeful strength.

Intensive 5-Day Program / 90 mins each session

Group Size: Min. 4 pax / Max 10 pax

SEGMENT	DURATION	DESCRIPTION
WELCOME & INTENTION SETTING	5 min	Brief check-in, intention setting, and mindful breathing to center participants.
MINDFUL MOVEMENT WARM UP	10 min	Gentle Pilates warm-up focusing on breath, alignment, and body awareness.
PILATES CORE PRACTICE	40 min	Focused Pilates exercises aligned with the day's mental and physical theme (strength, flow, release, etc).
BREAK	5 min	Toilet break.
MIND-BODY COACHING & REFLECTION	20 min	Guided coaching techniques: visualization, journaling, breathwork, emotional regulation, and self-assessment tools.
COOL DOWN & CLOSING RITUAL	10 min	Restorative stretches, grounding practices, gratitude journaling, and reflection on session learnings.

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5-Day Thematic Breakdown

DAY	THEME	PILATES FOCUS	MIND-BODY FOCUS
1	CONNECT & CENTER	Foundational Pilates movements, breath awareness	Brief check-in, intention setting, and mindful breathing to center participants.
2	BREATHE & BALANCE	Breath-integrated Pilates flows	Stress relief breathwork, emotional regulation techniques
3	STRENGTH & STILLNESS	Core strengthening with mindful pauses	Self-compassion journaling, managing emotional tension
4	FLOW & FOCUS	Rhythm and coordination in Pilates	Visualization and positive mindset for focus and motivation
5	RELEASE & RENEWAL	Gentle stretching, tension release	Grounding exercises, gratitude practice, future goal setting

Additional Features:

- Daily Take-Home Practices: Worksheet & resources to reinforce session work.
- Community Check-In: Optional daily group chat or forum for sharing insights & support.
- Assessment: Pre-program and post-program self assessments to measure improvements of well-being.

Benefits of 5-Day Intensive Format

1. Builds momentum and deep engagement in a compact time frame.
2. Balanced approach blending Pilates with mental health coaching daily.
3. Opportunity for quick integration of mind-body tools into daily life.
4. Strong sense of community and accountability through frequent sessions.

Suggestion: May consider partnership with F&B brands to enhance holistic integration of mind, body & soul wellness.

WELLNESS CURATOR'S BACKGROUND



- Established an international modeling & acting career with award recognitions since 2009.
- Started mentoring aspiring models & training teenage clients since 2016.
- Completed Diploma in Counseling at Kaplan Singapore in 2022.
- Worked as a Social Service Assistant in Filos SG- Community Mental Health, CREST team for 7 months.
- Completed Balanced Body 3D Anatomy & Instructor Training- Reformer 1, 2 & 3 with The Movement Academy Singapore in 2024.
- Started teaching at Red Coral Pilates Singapore since December 2024, including kids, private and group reformer classes.