

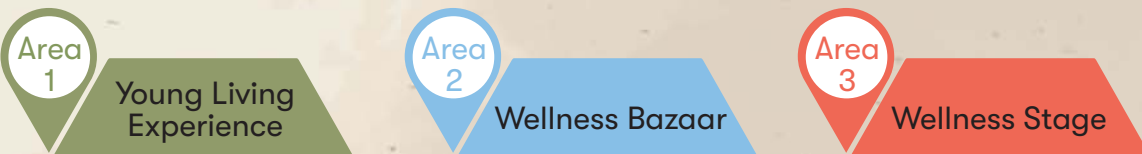


Wellness

by Young Living

Discover Your Best Self

Get ready for a weekend of all things wellness! This mega wellness event, in conjunction with YLMY's 10th Anniversary, is your gateway to holistic health. Alongside an expo of YL's essential oil experience, you can also look forward to a vibrant wellness bazaar as well as expert-led talks and fitness activities – all designed to help you live up to your best self physically, mentally, and emotionally. Whether you're into shopping, discovering fresh ideas to elevate your wellness playbook or connecting with like-minded enthusiasts, make your way to Wellness by Young Living to recharge, refresh and elevate your health!





Location:
Sentul Depot (The Yard & Workshop 3)
Jalan Strachan, Sentul West,
51100 Kuala Lumpur,
Wilayah Persekutuan Kuala Lumpur

Day 1:
12 October 2024, Saturday
10.00 a.m. to 9.00 p.m.


Day 2:
13 October 2024, Sunday
10.00 a.m. to 7.00 p.m.

How to get to Wellness by Young Living at Sentul Depot?

 **By car:** Search for 'Sentul Depot' in Waze or Google Maps and let them guide you

 **By MRT:** Hop off at Sentul Barat MRT Station, exit at Entrance C

FREE ENTRY AND OPEN TO ALL,
except Stage activities indicated with

 **RSVP and registration fee are required.**



Discover & Explore *Wellness* by Young Living

Wellness Bazaar

Over 50 vendors offering products and services in wellness, self-love, fashion, F&B, and more to let you discover the best you.

Area 2

Area 3

Wellness Bazaar

Wellness Stage

Lucky Dip

You won't just be shopping at YL Experience and Wellness Bazaar – we'll have a Lucky Dip going where you can dip your way to some amazing prizes!

Lucky Dip

NingXia Red

YL Brand & Product Experience

Area 1

Entrance

YL Product Ordering Area

YL Experience

Explore Young Living's brand story and product experience with exciting demos of Essential Oils, NingXia Red, Thieves, as well as Nutrition and Personal Care items. Discover new launches and enjoy exclusive take-home promotions!

The Wellness Stage Line-up

DAY 1: 12 OCTOBER 2024

TIME	TOPIC	SPEAKER	CATEGORY
10.00 a.m. - 11.00 a.m.	  RSVP & Registration Fee Required: AromaActive: Essential Flow Yoga https://essentialflowyoga.eventbrite.com	Annie Chan Yoga Instructor 	Fitness
11.30 a.m. - 12.30 p.m.	Soulful Wellness: Path to Self-Care & Family Care 	Amiratul Shahirah, Angel Chong, Wan Normajidah Young Living Brand Partners   	 Essential Oil
12.30 p.m. - 1.00 p.m.	Tech-Driven Insights for a Healthier You	Lubica Kriziak Belhadjova ZYTO 	Body 
3.00 p.m. - 3.30 p.m.	Purity and Passion in Every Drop	Nicolas Landel Senior Director, EMEA Farms & Sourcing 	Essential Oil
3.30 p.m. - 4.30 p.m.	Power of Words: Words Matter 	Lim Kit Wan Billy Kuek International 	Mind
5.00 p.m. - 6.00 p.m.	 RSVP & Registration Fee Required: AromaActive: Sunset Unwind Yoga https://sunsetunwindyoga.eventbrite.com	Alan Tee Yoga Instructor 	 Fitness

Visit this link for more details on the topics and speakers: <https://bit.ly/wellness-stage-ylmy10>

The Wellness Stage Line-up

DAY 2: 13 OCTOBER 2024

TIME	TOPIC	SPEAKER	CATEGORY
10.00 a.m. - 11.00 a.m.	 RSVP & Registration Fee Required: AromaFit: Pound Fit https://poundfitwithhanis.eventbrite.com	Hanis <i>Pound with Hanis</i> 	Fitness
11.30 a.m. - 12.30 p.m.	Mindful Living: Embracing the Full Spectrum of Emotions	Christina Teng <i>The Golden Era</i> 	Soul
12.30 p.m. - 1.30 p.m.	Man Up with Essential Oils: Real Stories, Real Transformation 	Alan Tee, Harris Arisyi, Shukor Ali <i>Young Living Brand Partners</i>   	Essential Oil
2.00 p.m. - 3.00 p.m.	Healing Across Generations: The Health Impact of Generational Trauma 	Monika Wyss <i>Heart Sanctuary</i> 	Soul
3.00 p.m. - 4.00 p.m.	Unlocking Transformative Healing with Regression Therapy and the Akashic Records 	Karen Yeoh <i>Practitioner of the Alternative Healing Arts</i> 	Soul
5.00 p.m. - 6.00 p.m.	 RSVP & Registration Fee Required: AromaFit: Pound Unplugged https://poundunplugged.eventbrite.com	Hanis <i>Pound with Hanis</i> 	Fitness

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