

THRIVE

MENTAL FITNESS EXPERIENCES FOR
MEETING AND EVENTS



MARINA BAY SANDS
SINGAPORE



THRIVE EXPERIENCES

1. THRIVE PHYSICALLY

Where Mind & Body Connect

Facilitated by Karu Nanithi and the Marina Bay Sands
Wellness Expert Trainers

2. THRIVE INTELLECTUALLY*

Practising Human Flourishing

Facilitated by qualified Positive Psychology Practitioners

*Only the THRIVE INTELLECTUALLY experiences are endorsed by The School of Positive Psychology.



THRIVE

AT MARINA BAY SANDS

THRIVE at Marina Bay Sands is a suite of mental fitness experiences for meeting and event attendees, blending emotional intelligence, inner mastery and team bonding.

Through guided journeys, participants recharge, reconnect and gain practical tools to stay balanced and at their best.

THRIVE PHYSICALLY

WHERE MIND & BODY CONNECT

Experience 1: Sound Meditation

Harnessing the power of sound to shift consciousness, this meditation invites deep presence, allowing the mind to open and the body to recalibrate and heal.

Experience 2: Soul Flow

This movement-based experience awakens the inner dancer through grounding sequences that reconnect body and mind, fostering clarity, calm and presence.

Experience 3: Revitalising Stretch

Set at a slower, intentional pace, this practice blends breath, meditation and restorative poses to build strength, flexibility and mental clarity.

Session Duration: Minimum 30 minutes as part of a conference plenary session
Minimum 60 minutes as a breakout session

Fitness Level: Suitable for all levels**

Group Size: From 10 delegates, depending on the programme and venue

Dress Code: Experience 1: Conference attire
Experience 2 & 3: Activewear

Additional Information:

- No pre-session work is required.
- For plenary sessions, equipment must be pre-set on stage for a seamless transition.
- For breakout sessions, venue access is required at least one hour before for setup and 30 minutes after for breakdown.
- Instructors will require a microphone and sound system.
- **Experience 1:** Can be conducted using the existing seated setup (e.g., theatre, classroom, cabaret or banquet style).
- **Experience 2:** Ensure sufficient space for movement.
- **Experience 3:** With yoga mats and towels provided by Marina Bay Sands.
- Our expert trainers can also design customised fitness activities upon request. Contact us to explore alternatives.

**Our facilitators prioritise safety. Participants are welcome to rest or adjust their pace at any time.

EXPERT TRAINERS

Karu Nanithi

Director of Wellness | Sound Meditation

With three decades of sound, meditation, breathwork, yoga and mindful living practice, Karu embodies progressive knowledge while positively influencing and empowering others. He is passionate about living a more conscious, connected and considerate life.

Amelia Stanley

Pilates

Amelia is a registered physiotherapist with a special interest in dance and movement, having trained in dance herself. She is also certified to teach Polestar Pilates Rehabilitation, Level 1 GYROTONIC®, Progressing Ballet Technique and BarreConcept. Amelia especially enjoys working with people from all walks of life, helping them to heal and flourish.

Sammantha Yue

Yoga

Sammantha is an artist, performer and certified yoga instructor with seven years of professional dance experience. Her transition to yoga grew from a fascination with the body's role in movement, blending her dance expertise into yoga coaching with grace, flow and precision.

Adelene Stanley

Soul Flow

Adelene is a movement artist, choreographer and founder of The Dance Circus, a collective of movement artists. With a portfolio spanning local and international performances, productions and classes, she specialises in movement therapy, meditation and flow practices for all ages and abilities.

THRIVE INTELLECTUALLY

PRACTISING HUMAN FLOURISHING

Experience 1: Energy Forecasting

Struggling to sustain energy during demanding times? This session helps participants identify what fuels passion and what drains it. Practical exercises explore four pillars of Energy Forecasting to prevent burnout, restore balance and boost productivity.

Experience 2: Empathy Mapping

Meaningful relationships are key to well-being. This experience activates empathy through mindful observation and perspective-taking, deepening understanding to strengthen communication and collaboration.

Experience 3: Self-Regulating

When disruptions arise, regain calm and control. Learn to manage stress and negative emotions through simple practices that build resilience and reframe challenges.

Experience 4: Harmonious Communication

Shift perception into perspective. Discover techniques to listen with awareness and communicate with empathy, even under pressure.

Experience 5: Sensing Synergy

Engage in team-building exercises in complete darkness**, letting go of visual bias to heighten trust, intuitive communication and collaboration.

Session Duration: 90 minutes as part of a conference plenary or breakout session

Fitness Level: Suitable for all levels**

Group Size: 10–50 delegates per session, depending on topic and venue

Dress Code: Experience 1 & 4: Conference attire
Experience 2, 3 & 5: Conference attire with comfortable footwear

Additional Information:

- No pre-session work is required.
- Each session includes flipcharts and writing materials for group discussions.
- Please allow at least one hour of venue access before the session for setup and 30 minutes after for breakdown.
- Facilitators will require a microphone and sound system.

**Our facilitators prioritise safety. Participants are welcome to rest or adjust their pace at any time.

POSITIVE PSYCHOLOGY PRACTITIONERS

Jana Dawson

Head of Corporate Solutions at Healio and Deputy CEO at The School of Positive Psychology, Jana designs evidence-based programmes that build resilience and elevate performance. With expertise in positive psychology and coaching, she has partnered with global organisations including Meta, Singtel and PayPal.

Nicole Glisson

Nicole leads workplace wellbeing initiatives as Head of Training at Healio and Director of Academic Affairs at The School of Positive Psychology. A certified SPARK Resilience trainer and yoga teacher, she blends research with real-world practice to foster clarity, connection and meaningful change.

El Kwang

With over 25 years in hospitality and events, El creates impactful team experiences infused with positive psychology. He curates content for AIME and serves on SITE's global and ANZ boards, championing collaboration and cross-cultural learning in high-performing environments.

THRIVE SPACES



EXPO & CONVENTION

Spanning 120,000 square metres across five levels, Expo & Convention is Singapore's largest venue with 250 event spaces, including Southeast Asia's biggest ballroom and a state-of-the-art hybrid broadcast studio.



SANDS THEATRE FOYER

This serene foyer is bathed in natural light and framed by soaring ceilings. Its calming ambience offers an ideal mental reset for intimate, focused sessions.

Limited to one session of 10-50 participants at a time.



AVENUE SINGAPORE

An upscale lounge blending wood accents, gold details, and interactive games. By day, it's a relaxed retreat; by night, a vibrant social space perfect for stylish gatherings.

Limited to one session of 10-50 participants at a time.



VR GALLERY

Located within ArtScience Museum, VR Gallery harnesses cutting-edge technology to deliver curated immersive journeys where imagination and creativity meets innovation.

Limited to one session of 10-50 participants at a time.

Contact the sales team at sales@marinabaysands.com for bookings and enquiries.



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