

First in Asia, exclusively at Asaya

This December, Asaya unveils an immersive wellness experience unlike any other, introducing SANCTUM to Asia for the very first time. Blending mindful movement, breathwork and music into a powerful moving meditation, this transformative practice invites you to build strength, release stress and reconnect with yourself on a deeper level. Stay tuned for an exclusive first encounter with the future of wellness.

Date: 9 – 11 Dec

SANCTUM

Discover more

asaya

SANCTUM

WELLNESS RESIDENCY

9 Dec

7 – 8 pm

The Awakening

First encounter with the SANCTUM experience. An accessible yet powerful journey combining movement, breathwork and immersive music to awaken your energy, clear your mind and reconnect with yourself.

Venue: 3/F Gallery 301 - 303

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10 Dec

7 – 8 am

The Reset

The most iconic expression of SANCTUM. A cathartic journey through dynamic movement, breathwork and meditation, designed to release physical and emotional tension and leave you feeling stronger, lighter and more connected.

Venue: 6/F Asaya Pool side

7 – 8:15 pm

The Power of Affirmations

A special collaboration between Luuk Melisse and Mimi Ikonn. Experience the transformative power of SANCTUM's Signature Sequence, followed by a guided affirmation practice to challenge limiting beliefs, cultivate self-worth and create space for new possibilities.

Venue: 3/F Gallery 301 - 303

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11 Dec

7 – 8:30 am

Back to Nature

Escape the rhythm of the city and reconnect with nature. Guided through immersive headphones, this outdoor journey combines mindful walking, music, breathwork and expressive movement to awaken the senses and restore inner balance.

Venue: Golf and Tennis Academy, Sai Kung

7 – 8 pm

Choose Yourself

An intimate conversation with Luuk Melisse and Mimi Ikonn for an honest conversation about self-worth, authenticity and the courage to live on your own terms. The evening concludes with a guided SANCTUM meditation, bringing the conversation from the mind into the body.

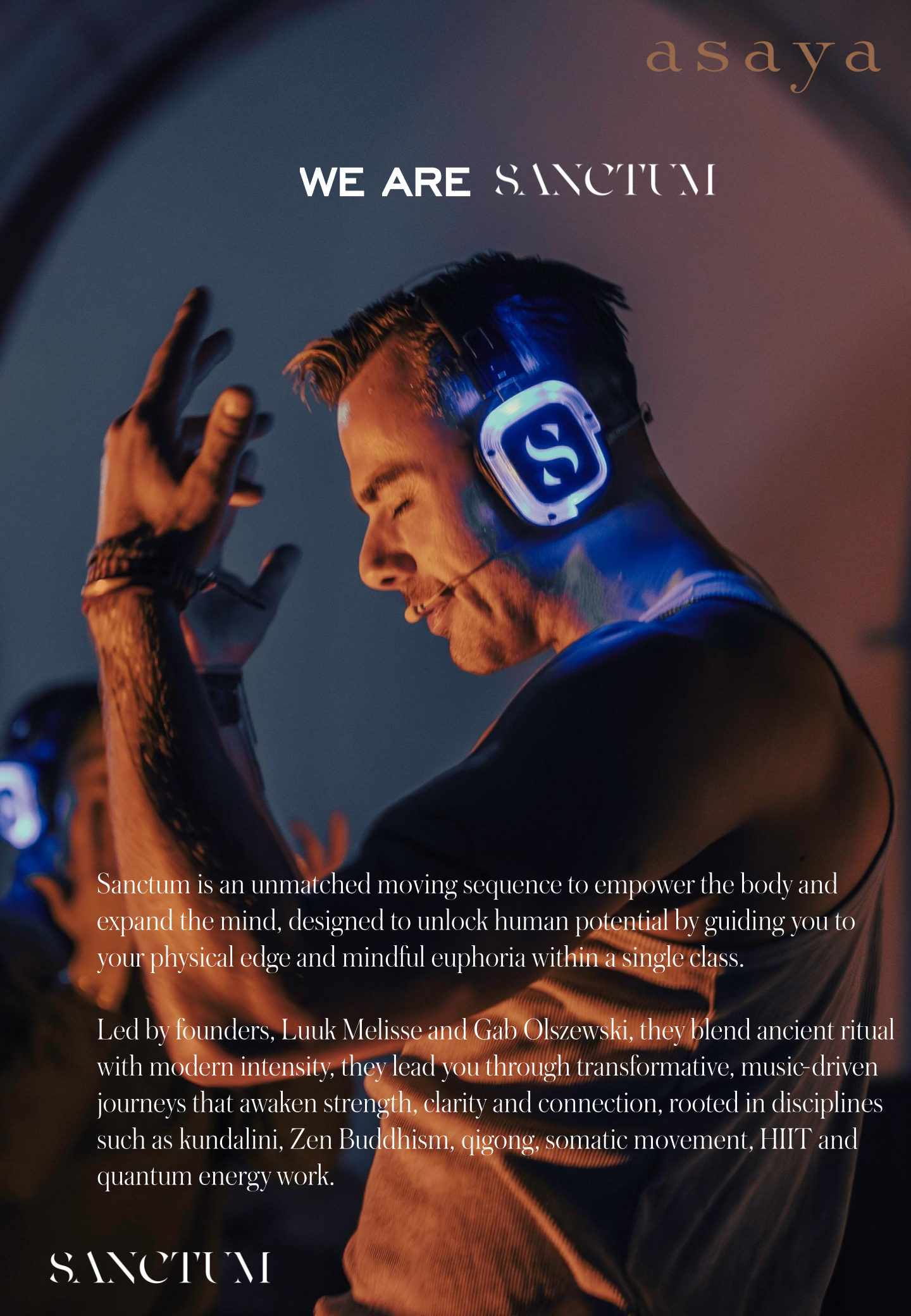
Venue: Asaya Pool side

SANCTUM

Book Now

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WE ARE SANCTUM



Sanctum is an unmatched moving sequence to empower the body and expand the mind, designed to unlock human potential by guiding you to your physical edge and mindful euphoria within a single class.

Led by founders, Luuk Melisse and Gab Olszewski, they blend ancient ritual with modern intensity, they lead you through transformative, music-driven journeys that awaken strength, clarity and connection, rooted in disciplines such as kundalini, Zen Buddhism, qigong, somatic movement, HIIT and quantum energy work.

SANCTUM