



VivAsia Roadtrip to Taipei and Taichung, Taiwan.



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Message from the Creator



Ying Mitchell

On behalf of the VivAsia team that traveled to Taiwan in August, a warm greeting and heartfelt thank you to everyone we met (and worked with) for making our trip memorable and fun. We look forward to our return to Taipei, Taichung, and the other beautiful locations to train more instructors and to help Taiwan in her pursuit of living healthy.

I'm bursting with excitement about the impressive launch of VivAsia Dance at Luen Thai (China) and VivAsia Lotus at Po Lueng Kuk (Hong Kong). GJM Luen Thai has been awarded *Most Committed to Environmental Sustainability* from Ann Inc. More info about Luen Thai and the HER project can be found at <http://www.responsiblyann.com>. The VivAsia Lotus program is part of a Senior Fitness study conducted by Po Lueng Kuk (similar to the research study I did for my Master's degree).

We are honored to be helping other organizations and individuals start and/or maintain a healthy lifestyle. We are committed to the same for ourselves and for any and everyone in the world. Please let us know how we can help your endeavor to share VivAsia with your community.

Wishing you optimal health and fitness,
 Ying Mitchell



What Happened in Taiwan

Riding on the recent success in Hong Kong and China, we changed our focus to Taiwan in the month of August. Ying Mitchell (VivAsia creator), Sophia Tsay (VivAsia dance Instructor) and Corinna Shi (VivAsia Lotus Instructor) went on a two-week road show to promote VivAsia and to train new instructors. This trip definitely opened up new and different opportunities.

3-day Workshop at Chinese Cultural University School of Continuing Education August 13, 15, 16

Universities are among the most natural places to offer VivAsia Instructor Training classes. We are very pleased to be able to partner with CCU in Taipei to have a 3-day VivAsia training workshop. The intensive training included both academic and technical knowledge about group exercise, understanding of the human body, and practical exam for participants to practice and to apply what they learned from the 3-day workshop. The outcome was very encouraging. It was impressive to see how the students accomplished their objectives in a short period of time. They learned the various VivAsia dance steps, they learned how to lead a group, and how to teach a class with all the required skills. Hats off to all the students and thanks to all the personnel at CCU which made this collaborative effort possible.

We are most interested in continuing this collaboration. Hopefully these classes will be offered at CCU on a regular basis in the not too distant future. 🌸



Training Workshop
at CCU



The Graduates
Congratulations!



Demo at China Motor Corporation



Demo at SET TV



Visit to DaYeh University



Demo Sessions in Taipei and Taichung

We were also very busy giving demo sessions at various locations in Taipei and Taichung. From CCU trainees to SetTV's actor and actress trainees, to long-time group exercise instructors at TaiChung's YMCA, to China Motor employees, everyone enjoyed the action packed 50 minutes demo session. They all walked away exhausted yet energized and definitely with smiles on their faces. There were neither age nor gender restrictions, each participant had the opportunity to experience a variety of dance styles including K-pop, C-pop, Bollywood, Kung-fu dancing and more. Music and dance brought people together to share the fitness dancing fun! At the end, everybody had a good time.

This trip allowed us to explore different opportunities within universities (Chinese Cultural University and Da Yeh University), organizations (Taichung YMCA and SetTV station), and corporation (China Motor – a manufacturer for Mitsubishi) for VivAsia to become their future wellness program partner. Together we can help reach the goal of promoting healthy lifestyle and improving both physical and mental health. We look forward to our next visit to Taiwan to deliver more VivAsia Instructor trainings as well as inspiring those to teach classes and create more impact to the community. 🌸

What Happened in Panyu, China

GJM launching a VivAsia Wellness Program



Blessings from Luen Thai Executive Anne Mok



Jump, Hop, Twist, Fans and Ribbons



Final Stretch



You did it! GJM, Luen Thai

Let's dance on Monday and Wednesday evenings from 6 to 7:30pm. That is if you are lucky enough to be an employee of GJM, a Luen Thai Company in Panyu, China. After less than 2 months of intense practices and planning, we at VivAsia are very pleased to announce the launching of this dance class at GJM. The talented and hard working instructors we trained back in June are now ready to accept the challenge to teach!

第一期 舞蹈兴趣班

秉承“健康员工、优秀企业”的宗旨，营造健康向上的企业文化，进一步增强公司员工的健康体魄，自2014年7月起，公司将举办“VivAsia”舞蹈兴趣班。

VivAsia是由全球2000多名舞者所创办，VivAsia融入于多个国家和地区的舞蹈风格，包括：中国古典舞、印度风味的Bharata、宝莱坞、民族舞、日本传统的太鼓舞、亚洲流行舞蹈、韩舞(K-Pop)等。是一个充满趣味性、舞动活力和灵活性的有氧健身舞蹈，令企业各个部门都能得到放松，有强身心的效果。

你下班之后还在继续玩手机，还在发呆吗？玩游戏？你真是OUT了！这不是一个健康时尚的生活态度，不要犹豫，立即行动起来改变你的生活态度，报名参加“VivAsia”舞蹈兴趣班，让我们一起分享舞蹈带来的快乐、健康和快乐吧！

报名详情

- 一、授课对象：凡爱舞健身舞蹈的员工，性别不限，有无基础皆可。
- 二、授课人数：每期按30名员工报名参加，先报先得额满即止，每2个月一期。
- 三、授课老师：全部来自2000名员工中的舞蹈精英，已经通过了VivAsia专门课程及授课资格认证课程教学。
- 四、课程内容：“VivAsia”健身舞，每周授课的内容涵盖所有舞蹈主题。
- 五、开课时间：逢周一、周三晚上18:00-19:30
- 六、上课地点：沙头角富源综合服务中心（即联群工业城路口右侧10米）（暂设为方向）
- 七、报名时间：即日起至2014年7月31日下午17:00截止。
- 八、报名方式：向所属部门领导（或直接向课程负责人）。

报名及咨询：请联系人力资源部 员工关系健康专员（9线，2318）

即将启动

We are particularly excited about this launch as it is VivAsia very first partnership with a corporation. We are hopeful that this will lead to many more cooperations with factories around the globe. What's better than to offer your hardworking employees a very healthy and fun activity that also leads to cultural awareness?

From our fearless leader of this GJM program, Maria Lee, we learnt of the great interest in signing up for this after hour classes. There were over 90 employees registered way before launch date. In view of the high participation rate, an additional class is being offered per week. Two at the studio with 20 students per class and one at the training room with 10 students per class. Basically they are serving 50 people per week right from the start. This is a very impressive first attempt! We will keep you posted on their progress. In the mean time here are some pictures of their inaugural class on July 21st, 2014 and subsequent sessions. 🌸



What Happened in Hong Kong

“Dance for Health” Promotion Project at PLK

The literal translation of “Po Leung” is “to protect the good and the innocent”. Po Leung Kuk 保良局 (PLK) was founded in 1878 by a group of local Chinese to counter the rampant abduction and trafficking of women and children in Hong Kong during that era. It is one of the earliest non-profit organizations in the British colony and it still is the most active community and social service organization.

Today, PLK has expanded into a multifaceted charity service provider, including welfare, educational, cultural and recreational services. One of the most pronounced services caters to the aging population in Hong Kong. According to the world bank data, in the year 2014, over 14% of Hong Kong’s population is 65 or older. The percentage is going to increase to 26% by 2036. In light of this steady increase, providing services for the elderly is an important priority for PLK. VivAsia is honored that the Lotus fitness program has been chosen as one of their fitness programs in the PLK community centers all around Hong Kong, Kowloon and the New Territories. Back in June, VivAsia team trained over 20 PLK employees to become Lotus instructors (see blog post dated June 7, 2014). After a couple of months of intensive practice and hard work, 12 PLK community centers rolled out multiple classes per week to serve from 154 to 282 elders. Here is their schedule:

單位名稱	地區	開始日期	星期	時間	參加人數
劉陳小寶長者地區中心	觀塘	8/1/2014	星期三至五	9:15- 9:45am	10名
劉陳小寶長者地區中心	觀塘	8/5/2014	星期二及四	9:15- 9:45am	10名
方譚遠良健樂中心	觀塘	8/13/14	三, 五	9:30-10:00am	10名
保良局華永會生命教育及長者支援中心	觀塘	8/5/2014	星期二、四	10:45-11:30am	16名
長者援手網絡中心 (寶翠園)	西環	8/11/2014	星期一、三	(一)10:30-11:00am (二)11:00-11:30am	16名
黃祐祥紀念耆暉中心	將軍澳	8/11/2014	星期一、四	(星期一)3:30-4:00pm (星期四)4:00-4:30pm	16名
曹金霖夫人耆暉中心	青衣	8/20/2014	星期三、四	9:30-10:15am	8名
張麥珍耆樂中心	鑽石山	9/2/2014	星期二、五	3:45- 4:45pm	8名
溫林美賢耆暉中心	九龍城	8/7/2014	星期四	10:30-11:45am	10名
田家炳長幼天地	沙田	8/11/2014	星期一、三	9:30-10:00am	10名
莊啟程耆暉中心	將軍澳	8/10/2014	星期三、五	9:00- 9:30am	16名
劉陳小寶耆暉中心	觀塘樂華	8/14/2014	星期四	(一) 9:30- 9:50am (二)10:30-11:00am	16名
盧邱玉霜耆暉中心	油麻地	8/26/2014	星期二、三	9:00-9:30am	8名

If you live in Hong Kong please check out these Lotus classes. We are very pleased with the number of classes being offered at PLK. If you belong to an organization serving the elderly population, don’t hesitate to contact us to learn more about the Lotus program. Let’s work towards a healthier and fitter lifestyle for all. ✿