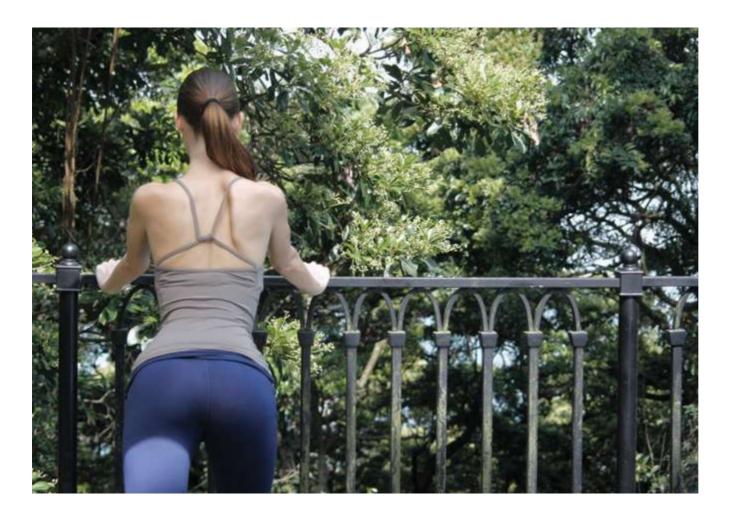


Take an alluring journey through the paces of everyday life in Hong Kong.
Engaging all senses, make the adventure your own. Each step you take creates impact, each breathe you take is another moment spent learning about the wonders around you.





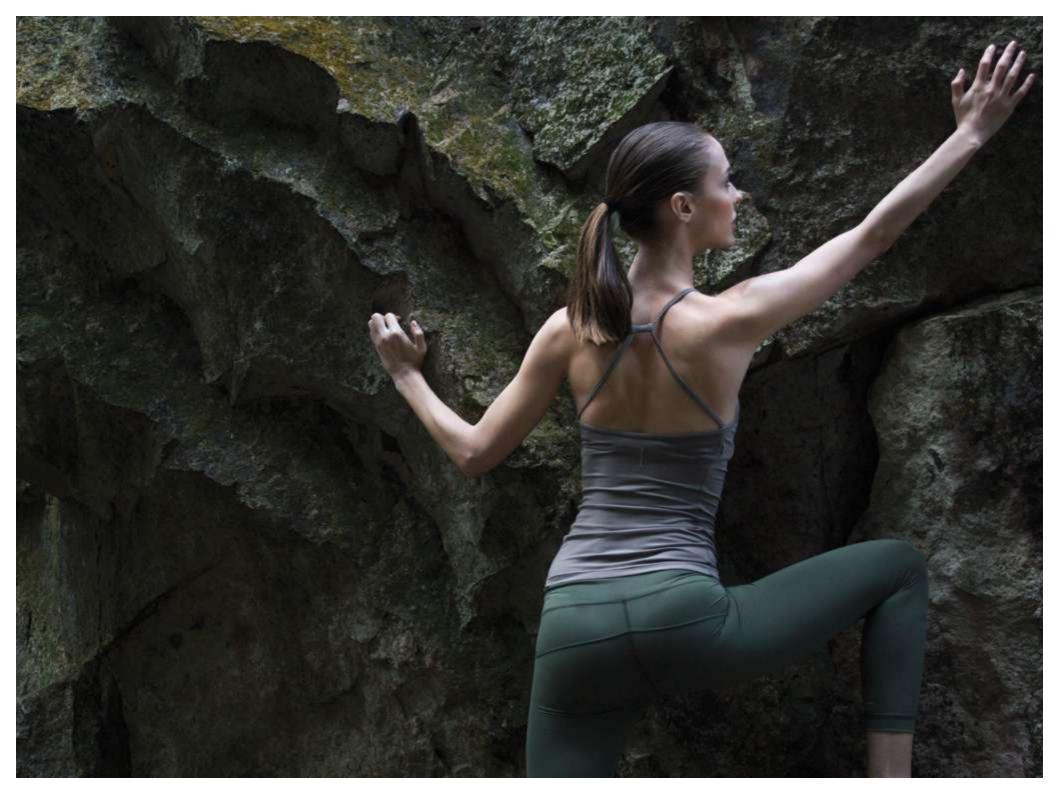
6 am | Life comes from me, not at me



Mind refreshed,

I pace the trail with my second skin leggings.

I set an intention for the day.





Morning Bite

10 am | I listen to my heart



Wrapped in my silk jumpsuit,
I enjoy the laziness of Hollywood Road slowly awakening.
Centered. Void of inner chatter I savor a Fresh-baked Galette.









Lunch Time

1 pm | I cultivate Patience



The frenzied lunch hour suddenly hits me and I resist the urge of being overwhelmed by the city's hectic vibe. My senses are sharpened.











I unroll my mat and my practice unfolds.

Fibers and threads lengthen then twist,
empowering the flow of my body.



Rooted

3 pm | Le futur se construit au présent

*French proverb meaning tomorrow is built today





Sanctuary

8 pm | 水滴石穿 (shuǐ dī shí chuān)

* Chinese proverb meaning constant effort yields success



I remember this Chinese proverb: Water slowly dripping in one point can carve the stone whereas a rain shower on a mountain leaves the mountain intact.



