



Newsletter

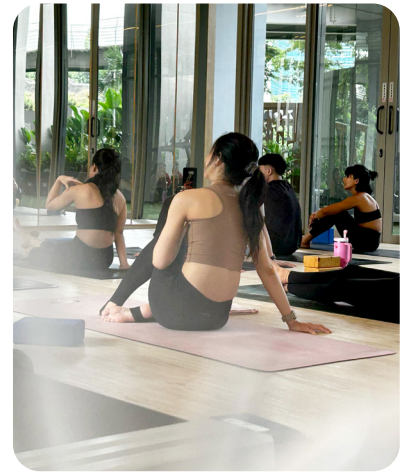
April 2025

Pesta Hidup Berseri: Yoga Flight Mechanics at SQ Rés

A Deep Dive into Inversions

SQ Rés once again held a yoga session in collaboration with Era Graha as part of the Pesta Hidup Berseri @pestahidupberseri Workshop. The event took place on April 27th, 2025, at the Yoga Studio in SQ Rés. The series of activities began in the morning and concluded with a special Flight Mechanics class led by Coach Hendra, a Yoga Coaching.

The Flight Mechanics class ran from 2:00 PM to 5:00 PM WIB. Participation was limited to just 15 people, and all spots were fully booked. Throughout the session, participants showed great enthusiasm. Coach Hendra guided them through techniques for body balance and strengthening the arms to perform movements such as handstands, planks, and more.



If you missed this event, don't worry! Era Graha will be hosting a similar session again in June. Invite your family and friends to be part of Pesta Hidup Berseri. By renting a unit at SQ Rés, you'll always stay informed about exciting events and activities happening every month. The Intiland's Residential Leasing team is ready to help you find the perfect unit. So, what are you waiting for? Choose and rent your favorite unit at SQ Rés today!

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