



**THE DATAI LANGKAWI UNVEILS 2025 EDITION OF
SERENITY - THE DATAI WELL-BEING SERIES**

The annual holistic wellness experiences return to the heart of Langkawi's ancient rainforest with celebrated practitioners from around the world.

HEALTH IS A STATE OF COMPLETE HARMONY OF THE BODY, MIND, AND SPIRIT.



Langkawi, Malaysia, 5 February 2025 - [The Datai Langkawi](#), Malaysia's iconic rainforest resort, has announced the practitioners who will be included in [Serenity - The Datai Well-being Series 2025](#), an exceptional year-long programme designed to nurture mind, body, and spirit through holistic healing. Building on the success of previous years, this annual initiative continues to host a stellar line-up of visiting wellness practitioners from around the globe, offering a diverse range of expertise to resort guests and supporting individual well-being through holistic practices.

Since its debut in 2023, *Serenity - The Datai Well-being Series* provides exclusive opportunities to engage with world-class specialists in personalised and group sessions amidst the pristine natural beauty of Langkawi's ancient rainforest. Throughout 2025, guests can look forward to an expanded range of transformative and immersive experiences grounded in holistic practices, including sound healing and yoga, as well as contemporary therapeutic innovations like somatic movement, bioresonance and advanced bodywork.

Among the six practitioners who will take residence for the third edition of *Serenity - The Datai Well-being Series*, Bastien Gonzalez and Savy Ho are returning from the previous series to offer their much sought after services and treatments again, along with a number of new visiting practitioners:

- 13-23 February 2025: **Dr Leonard McGill** (USA), Developer of Structural/Energetic Integration Therapy
- 13-20 April 2025: **Bastien Gonzalez** (France), Podiatrist
- 5-15 June 2025: **Hannah Moujing** (Malaysia), Indigenous Movement Practitioner
- 31 July - 10 August 2025: **Daphne Chua** (Singapore), Somatic and Therapeutic Bodyworker
- 9-19 October 2025: **Liam Harkness** (UK), Founder of The Stretch Clinic



- 22 December 2025 - 2 January 2026: **Savy Ho** (Malaysia), Sound Healer and Yoga Practitioner

Stephane Duvacher, General Manager of The Datai Langkawi, comments: “At The Datai Langkawi, we are privileged to be surrounded by an unparalleled natural environment that inherently nurtures and heals. *Serenity - The Datai Well-being Series 2025* exemplifies our commitment to bringing holistic healing and wellness experiences to our guests by collaborating with globally acclaimed practitioners. It is our vision to create journeys that not only restore balance but also inspire lasting positive change in the way our guests connect with themselves and the natural world around them.”

Louise Ward, Director of Spa and Wellness at The Datai Langkawi, adds: “Each year, the practitioner lineups for *Serenity - The Datai Well-being Series* are carefully curated, with the aim of bringing unique wellness experiences and expert guidance to enhance our guests’ journeys. It’s a privilege to offer transformative opportunities in the heart of Langkawi’s ancient rainforest, where nature and holistic practices come together to create truly immersive experiences.”

2025 VISITING PRACTITIONERS



Pictured (l-r): Dr Leonard McGill, Bastien Gonzalez, Hannah Moujing

Dr Leonard McGill, Developer of Structural/Energetic Integration Therapy, USA, 13-23 February 2025

Dr McGill’s techniques combine what he describes as ‘Taoist energy practices’, techniques rooted in ancient Chinese philosophy that focus on cultivating, balancing, and harmonising the body, to promote physical, mental, and spiritual wellbeing. These practices include chakra balancing, myofascial release, dry needling, and spinal alignment.

With a deep commitment to transformative healing, treatments during the residency include *Re-Align and Energise*, a session designed to eliminate pain, enhance mobility, and restore vitality. Through his Structural/Energetic Integration Therapy, Dr McGill addresses the root causes of pain and dysfunction, providing long-lasting relief. His unique approach blends chiropractic adjustments, intuitive healing, reflexology, trigger-point release, Chi Nei Tsang



abdominal massage, and cranial-sacral therapy. This combination activates the body's natural ability to heal, leaving participants feeling lighter, looser, and more balanced.

Bastien Gonzalez, Podiatrist, France, 13-20 April 2025

Bastien Gonzalez is famous worldwide for his meticulous and unique approach to foot treatments. He has won multiple awards for his signature podiatrist studio and services. A Paris-trained podiatrist, Bastien was one of the first practitioners to pioneer an integrated approach to hands, nails and feet, combining health and natural beauty in his treatment protocol. His unique treatments employ medical-grade care of the nails, whilst incorporating deep massage, relieving any muscle tension or heaviness from toe-to-knee or finger-to-elbow. During his residency, Bastien will include luxurious foot care and wellness workshops.

Guests can enjoy hand and feet treatments all year round in his Pedi:Mani:Cure Studio at The Datai Langkawi, however, the master himself offers services exclusively performed by himself only from 13-20 April.

Hannah Moujing, Indigenous Movement Practitioner, Malaysia, 5-15 June 2025

Hannah Moujing specialises in yoga, meditation, somatic bodywork and movement - a way of moving the body using physical and therapeutic touch, along with other techniques, to help people focus on the internal connection with their bodies and release tension. Her unique approach reconnects individuals with their indigenous roots, incorporating meditation and movement rooted in nature as well as mindfulness through traditional Malaysian arts such as *mengkuang* weaving.

Hannah's sessions at The Datai Langkawi are titled *Reconnecting with the Indigenous Body*, during which participants are invited to explore indigenous practices that reconnect them with the natural world and ancestral wisdom. Activities include meditative 'lines in the sand', floating meditation, and somatic bodywork inspired by traditional techniques.



Pictured (l-r): Daphne Chua, Liam Harkness, Savy Ho

Daphne Chua, Somatic and Therapeutic Bodyworker, Singapore, 31 July - 10 August 2025



Daphne is a registered yoga therapist, movement educator, bodyworker, and a specialist in rehabilitation and somatic movement education (focusing on the internal experience of movement, rather than the outcome), advanced dry needling and electrotherapy (a treatment using electrical energy to treat conditions like pain and muscle injuries), and yoga therapy. Her work aims to restore physical balance by exploring the underlying principles of the human brain-body connections and movement patterns. She applies principles of kinesiology (a therapy using muscle testing to assess imbalances in the body), embodied anatomy and physiology through somatics, evidence-based research on the nervous system, trauma physiology, as well as traditional yoga philosophy into her work.

Daphne will be offering *Therapeutic and Holistic Bodywork*, evidence-based sessions focused on rehabilitation and movement education. Combining advanced dry needling, therapeutic yoga, and somatic practices, Daphne's work helps restore mobility, alleviate pain, and reconnect individuals with their physical well-being.

Liam Harkness, Founder of The Stretch Clinic, UK, 9-19 October 2025

Hailing from the UK and now based in Kuala Lumpur, Liam runs The Stretch Clinic where he combines physiotherapy with holistic lifestyle practices including manual therapy, biomechanics (the study of how mechanical forces interact with biological systems, such as the human body, to produce movement), bioresonance (a therapy that uses electromagnetic frequencies to detect and adjust imbalances in the body's energy field, promoting healing and harmony in physical and emotional systems), and holistic injury prevention. Known for his work in advanced pain management, Liam also conducts educational workshops for sports institutes and hospitals, making his expertise invaluable for anyone seeking physical rejuvenation.

Treatments during his residency will include *Integrated Therapy and Stretching* - an innovative approach to holistic wellness. This manual therapy combines stretching, massage, biomechanics, and bioresonance techniques, offering relief from pain and enhanced flexibility. Participants can also join group classes focused on injury prevention and improved physical performance.

Savy Ho, Sound Healer and Yoga Practitioner, Malaysia, 22 December 2025 - 02 January 2026

Voted Best Sound Healer of The Year at the Yoyalife Wellness Awards/Tourism Malaysia 2020, Savy is a certified sound healer renowned for her transformative, heart-centred approach to yoga, body work, meditation, sound healing, and tea ceremony sessions. Specialisms include Light Energy Weave healing, an alternative energy therapy that involves channelling and weaving light frequencies into the body's energy field to clear blockages, restore balance, and support physical, emotional. With a profound dedication to elevating levels of higher consciousness, self-love, and inner awareness, Savy guides individuals on a journey to heal and restore inner alignment and balance.



At The Datai Langkawi, Savy will perform tranquil wellness experiences through sound healing, yoga, tea ceremony and guided meditations designed to foster emotional balance and inner peace. Savy will also introduce new offerings including cacao ceremonies, and partner Thai massage, where her holistic approach blends ancient practices with modern techniques, creating a deeply restorative experience for participants.

Serenity - The Datai Well-being Series is an extension of The Datai Langkawi's dedication to providing immersive well-being experiences inspired by the natural environment. This carefully curated series seamlessly complements the resort's signature Ramuan-based treatments - a traditional Malay healing practice that harnesses the power of the healing plants and herbs found in the rainforest. Discover an array of rejuvenating treatments at [The Spa](#), a serene sanctuary where guests can embark on a holistic journey of rejuvenation and harmony.

For more information on Serenity - The Datai Well-being Series 2025, please visit www.thedatai.com/events-and-occasions/serenity-the-datai-well-being-series. To book, please call +60 4 9500 500 or email reservations@dataihotels.com.

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Notes to Editors:

For high-resolution photos of The Datai Langkawi, [please click here](#).

For high-resolution photos of *Serenity - The Datai Well-being Series* including press photos of each practitioner for Serenity 2025, [please click here](#).

ABOUT THE DATAI LANGKAWI

One of the world's most stunning resorts, The Datai Langkawi, is situated on the northwest tip of the island of Langkawi in Malaysia. Located in an ancient rainforest rich in wildlife and overlooking the tranquil Datai Bay awarded by National Geographic as one of the Top 10 Beaches worldwide, the iconic property enchants with mesmerising nature, visionary architecture, understated elegance, and Malaysian hospitality. All the 121 rooms, villas, and suites at The Datai Langkawi, including the five-bedroom The Datai Estate Villa, offer breath-taking views of the surrounding nature. Elevated among treetops, set in the very heart of the rainforest, and located directly on the coastline, the dining outlets which include the award-winning The Gulai House, The Pavilion, The Dining Room, and The Beach Club, pay homage to the exotic flavours and culinary traditions of the region and beyond. Bespoke facilities include The Nature Centre, an educational facility and home to resident naturalists and marine biologists, and The Spa featuring Ramuan treatments, its own Akar retail range, and Voya facials. Leisure facilities include three pools, a state-of-the-art fitness centre at The Health Club; an array of wellness activities including Pilates and yoga, retail outlet The Boutique, a reserved space to showcase local arts and talents at The Atelier, as well as one of the most scenic golf courses in the world designed by golf legend Ernie Els, The Els Club Teluk Datai. The resort has founded The Datai Pledge in 2019 - a sustainability and conservation trust that supports Langkawi's unique fauna, flora, and communities. All proceeds from The Datai Pledge aid this work and contribute to local non-profit organisation. The Datai Langkawi is managed by Datai Hotels and Resorts Sdn Bhd, a company incorporated to manage and operate hospitality properties in Malaysia and beyond.

For further press information and images, please contact:

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