

SLIM YOGA

Tired For Dieting? Tough For Losing Weight? Let's Investigate The Yoga's Solution As Follows:

1. Yoga Is A Gentle Form Of Exercise That Helps You Lose Weight, Detoxify And Energize Yourself.
2. It Focuses On Gradual Progress And Teaches You To Listen To Your Body, So You Rarely Suffer From Strains, Sprains Or Exhaustion.
3. It Gives You A Full Body Workout, Tones Your Muscles (without Making You Look Like A Body Builder) And Leaves You Feeling Rejuvenated Instead Of Tired.
4. And It Never Gets Boring, Because There Are Hundreds Of Different Poses To Choose From, From Beginner Poses To Advanced Sequences.

Schedule: Refer To Enclosed Course's Schedule

Session: 60 Minutes Per Session, Combining 6 Sessions As A Module

Target: all Age (single-sex Class)

Fee: \$480 / 6 Sessions (group)

Instructor: Workshop By Bobo Sin Team

Remarks:

- 1) Please Bring Along With A Towel
- 2) Yoga Student Could Continue To Take The Course After Finished A Module

For details

please check with
our programme officer

Feb - May

(Course starts on every Mon to Fri)

10:30 - 11:30	11:00 - 12:00	11:30 - 12:30
12:00 - 13:00	12:30 - 13:30	13:00 - 14:00
13:30 - 14:30	14:00 - 15:00	14:30 - 15:30
15:00 - 16:00	15:30 - 16:30	16:00 - 17:00
16:30 - 17:30	17:00 - 18:00	17:30 - 18:30
18:00 - 19:00	18:30 - 19:30	19:00 - 20:00
19:30 - 20:30	20:00 - 21:00	20:30 - 21:30
21:00 - 22:00		

