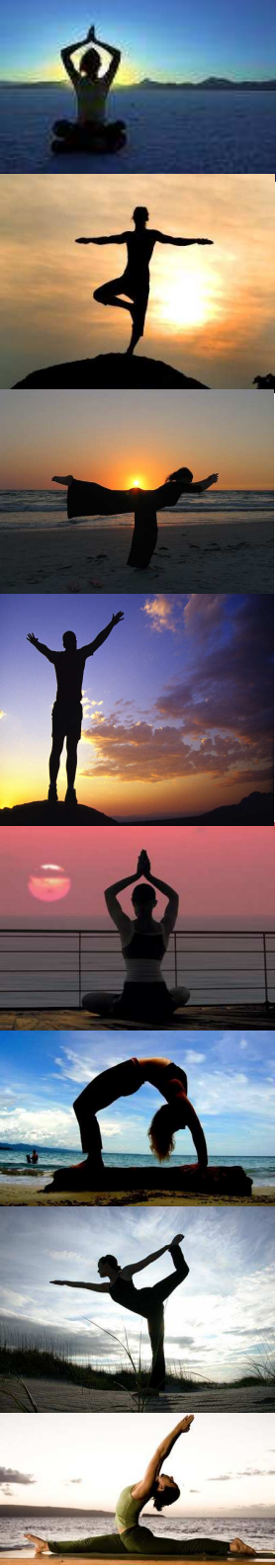

Yoga For Prevention & Healing

Tuesdays: (Starting 12 Jan 2010 - 8 sessions per term)

3:00 - 3:15 Warm up's
3:15 - 4:15 Asana (yoga postures)
4:15 - 4:20 Self massage and Deep relaxation
4:20 - 4:25 Meditation
4:25 - 4:30 Short talk on healthy lifestyle

Member SGD$144 / Public SGD$160
For Enquiry or Registration please call
6749 8509

Venue:
Holistic Lifestyle Centre
Blk 106 Aljunied Crescent #01-205 S380106.

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