

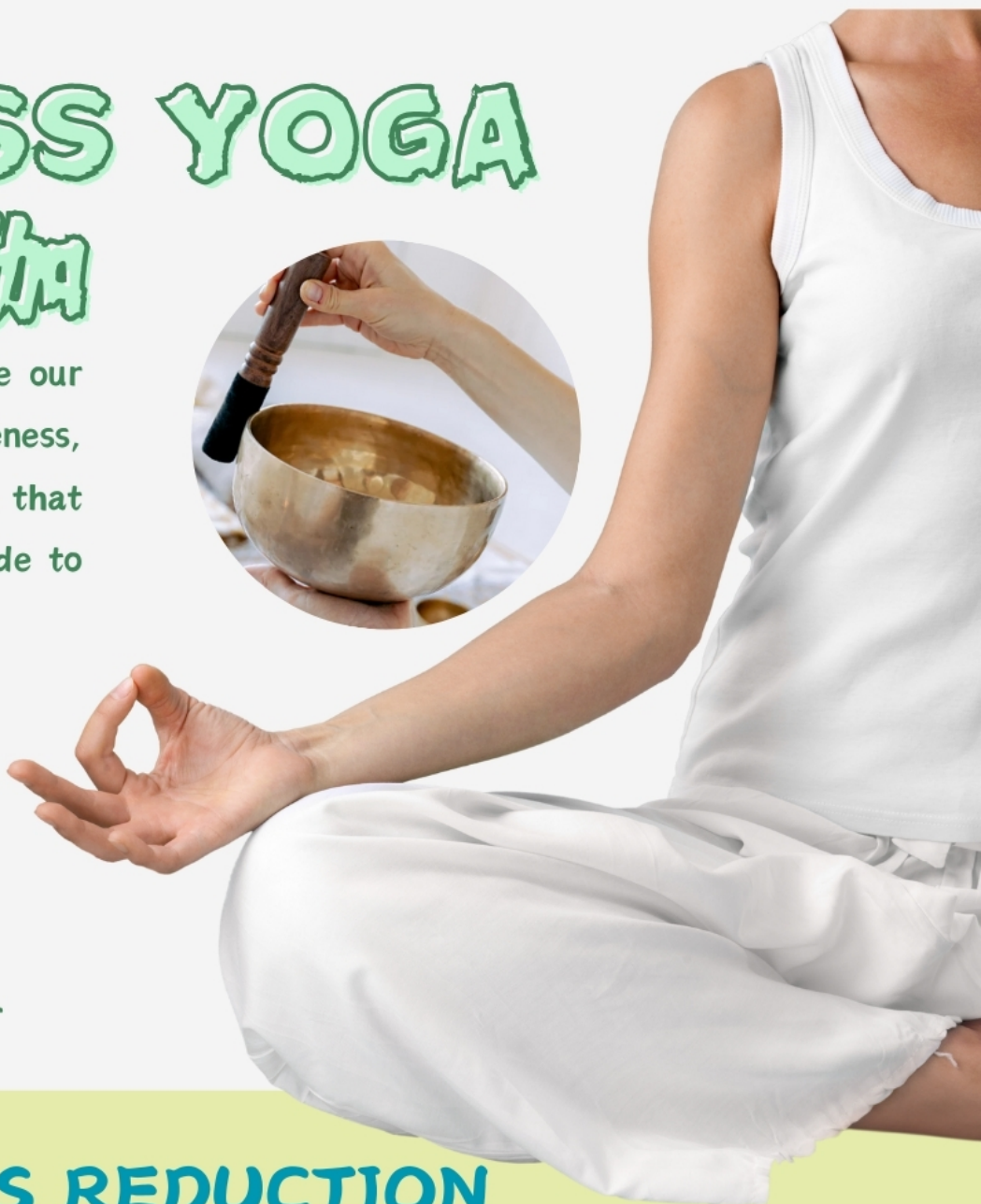
MINDFULNESS YOGA

正念瑜伽

In Yoga, through different asanas, we practice to move our body with awareness. Building up from this body awareness, we develop harmonious breathing to a state of stillness, that is from the outer body to the inner breath. From outside to inside, we go inward and to connect our heart and soul.

在瑜伽中，透過不同的體式，我們有覺察地活動我們的身體。從這種身體意識的基礎上，我們將意識帶去呼吸，學習安處在和諧的靜止狀態，也就是從外在的身體回歸到內在的呼吸。從外到內，我們向內走，以連結我們的心靈。

The class is suitable for students of all levels.
此課程適合各種程度的學生。



RELAXATION AND STRESS REDUCTION

CLEANSING OF THE MIND AND SELF-AWARENESS

放鬆減壓 洗滌心靈 自我覺察

Date 日期 : 6, 13, 20, 27 Nov 2024
Every Wednesday 逢星期三



SCAN FOR TEACHER'S DETAILS
請掃描查找教練資訊



RECREATION ROOM, CLUB BEL- AIR BAY WING
灣畔會所康體活動室

Class code 課程編號	Time 時間	Price 價錢
YO241109	下午 5 p.m. - 6 p.m.	\$920
YO241110	下午 6 p.m. - 7 p.m.	



- * All genders are welcome 歡迎男女士參加
- * Class will be cancelled if there is insufficient number of enrollments 如報名人數不足，課程將會取消
- * Available on a first come first served basis 不設留位，先到先得

For further information, please contact Club Bel-Air Reception at Bay Wing (2989 9000) / Peak Wing (2989 6500).
Photos are for reference only.
如有查詢，歡迎致電貝沙灣灣畔會所(2989 9000)或朗峰會所(2989 6500)。圖片只供參考。



貝沙灣