



# Restore & Recharge with *Restorative Yoga* 修復瑜伽 恢復及充電

Discover the  
Benefits of  
Restorative  
Yoga

Get ready for the most incredible feeling of relaxation you've ever experienced! Restorative Yoga is a practice that will bring your body to a state of pure stillness and rest. By holding supported poses for longer, using props like bolsters, blocks, and blankets, to release tension, calm the nervous system, and promote holistic healing. This amazing therapeutic style of yoga is suitable for all levels, especially those experiencing stress, fatigue, or seeking deep rest and recovery.

準備迎接最不可思議的放鬆體驗！修復瑜伽將引領您的身體進入純粹靜止與休憩的境界。透過長時間保持輔助體位，運用抱枕、瑜伽磚、毛毯等道具，釋放緊繃感、平靜神經系統，並促進整體療癒。這種非凡的療癒型瑜伽適合所有程度的練習者，尤其適合承受壓力、疲憊不堪，或渴望深度休憩與恢復的人士。

# 4, 11, 25/12

## WED 星期三

## 下午5pm - 下午6pm

# \$690

**Venue 地點：康體活動室 Recreation Room, 灣畔會所 Club Bel-Air Bay Wing**

**First come, first served - places are limited!**

**名額有限，先到先得！**

For further information or enrollment ,  
please contact Club Bel-Air Reception at Bay Wing (2989 9000) / Peak Wing (2989 6500).  
Photos are for reference only.

報名或查詢，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