

Yoga Course

on every Thursday



Starting Date: 13 May 2010 (Thursday)

開課日期: 二零一零年五月十三日(星期四)

Time: 7:00 p.m. - 8:15 p.m. (75 mins)

時間: 晚上七時至八時十五分 (75分鐘)

Venue 地點: KBGC

Member (會員): \$550/ 4 lessons (4 堂)

Guest (非會員): \$710/ 4 lessons (4 堂)

Trial Class: \$160 per lesson for member, \$210 per lesson for guest

試學班: 會員每堂\$160, 非會員每堂\$210

~ Please bring your own Mattress & Towel (請自備瑜伽墊及毛巾) ~

~ The course fee will be charged to members' accounts. ~

Ms. Lucina Yu RYT

~ Teacher's Profile ~

- Registered Yoga Teacher, Yoga Alliance, US
- Diploma in Yoga Teaching, Kevala Centre, UK
- Certification in Yoga Teacher Training, International Institute of Professional Yoga Teacher
- Certification of Sports Science & Fitness Foundation, AASFP
- Certification of Specialized Prescription Program: Pre & Post-natal Fitness, AASFP
- Certification of Nutrition & Weight Management, AASFP

