

Yoga Course



Date: 16, 30 September & 7, 14 October 2010 (Thursday)

日期: 二零一零年九月十六日, 三十日, 十月七日及十四日 (逢星期四)

Time: 6:00 p.m. - 7:15 p.m. (75 mins)

時間: 晚上六時至七時十五分 (75分鐘)

Venue 地點: KBGC

Member (會員): \$520/ 4 lessons (4 堂)

Guest (非會員): \$650/ 4 lessons (4 堂)

Trial Class: \$100 per lesson for member, \$150 per lesson for guest

試學班: 會員每堂\$100, 非會員每堂\$150

~ 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

