

Yoga Workshop

瑜伽體驗工作坊

Date: 3rd July 2010

Free of Charge

Session 1: 12:00 noon - 12:45 p.m. (around 45 mins)

Session 2: 6:00 p.m. - 6:45 p.m. (around 45 mins)

Venue: KBGC

~ Members without physical exercise habit are also welcomed ~

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

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

