

Yoga & Wellness Workshop

25th August 2007
2.30 pm – 5.30 pm

Number of Participants: 25
Price: RM 25

YOGA 2 HEALTH

Aēsop®



YOGALife

This workshop discusses wellness through yoga where events of the day **include:**

- A Talk on the benefits of Yoga
- Yoga Session dealing with Pranayama (breathing techniques), Postures and Relaxation Techniques
- Guided Meditation
- Questions & Answers
- Beauty & Wellness Talk by Aesop
- Shoulder & Back Massage by Aesop
- An exhilarating Lambada dance session
- Refreshments
- Aesop door gifts

Benefits of the Workshop:

1. Promote emotional and physical wellbeing
2. Highlight factors and issues that create havoc to our lives
3. How to inculcate positive thoughts and enhance our lives
4. How to handle stress

Who should attend:

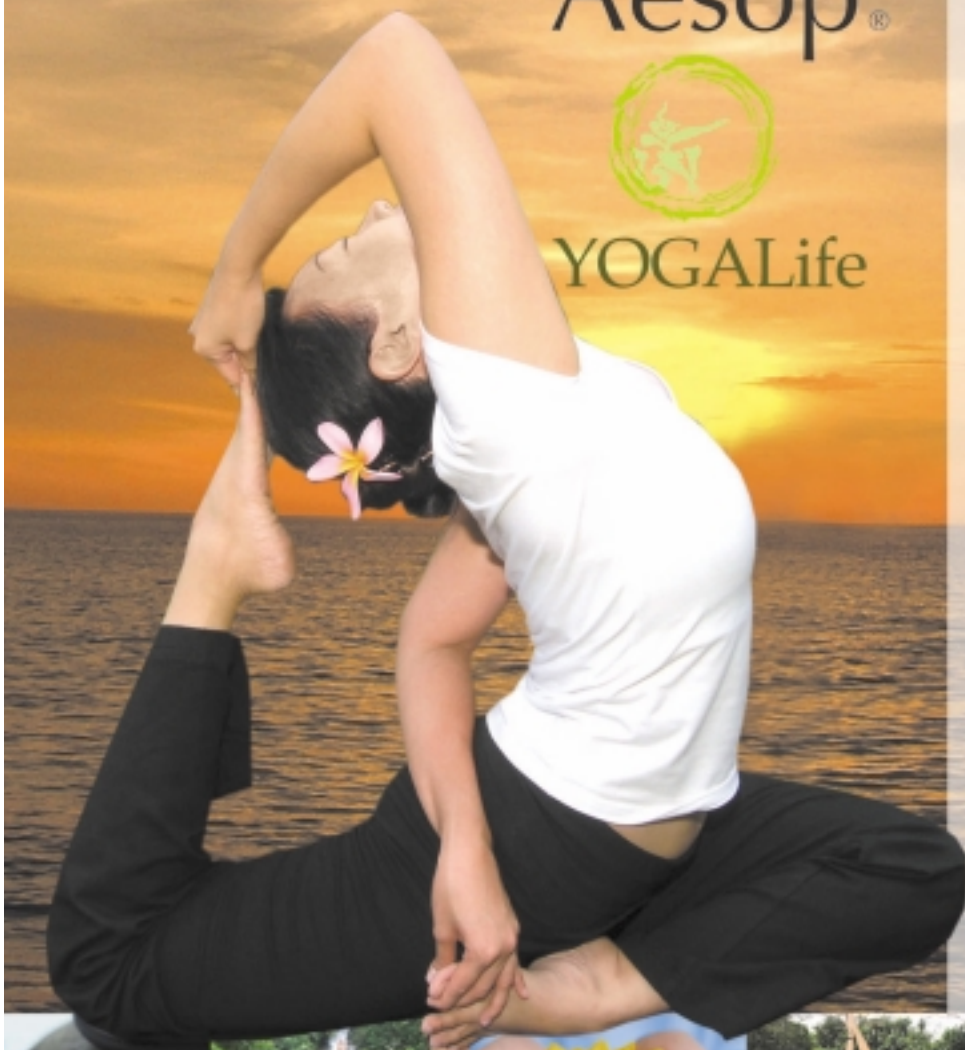
1. People who are serious about their wellness
2. Anyone who wants to improve and enrich his/her life
3. Students, mums and dads, professionals and just about anyone exposed to stress

Venue:

Yoga2Health at 21A,
Jalan Telawi 3, Bangsar Baru,
59100 Kuala Lumpur

For reservations call:

Yoga2Health: 2282 3866
(Tuesday – Sunday)
YOGALife: 7782 8898



AN INVITATION To YOGALife Readers

Free admission

Macrobiotic Health Talk and Remedy (August - September 2007)

Conducted by : June K Lim, holistic nutritionist, Macrobiotic counselor
Venue : 25 Jalan Telawi 2, Bangsar Baru 59100 KL

Time: 3.30pm to 4.30pm

4-8-07	Macrobiotic Colon Detox Remedy
	Macrobiotic Diet and Stress Management
	Macrobiotic Blood Detox Therapy
	Macrobiotic Remedy for Insomnia
18-8-07	Macrobiotic Eye and Ears Detox Therapy
25-8-07	Macrobiotic Female Productive System Detox Therapy: Vaginal Discharge
1-9-07	What Madonna and Tom Cruise have in common: Macrobiotic diet.
15-9-07	Macrobiotic Detox Therapy for Computer and Mobile Phone Radiation
29-9-07	Macrobiotic Diet for Flexible Bones and Joints

Free sampling is available and light refreshment will be served.

For reservation please call Tel: 03-22870959 or 012-5193514



Macrobiotic restaurant, vegan, vegetarian wholefood
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