

親愛的中華學苑家長們：

嶄新的 2016，正是開始鍛鍊身體的好時機！九週的課程讓你體驗瑜伽的魔力！

孩子們努力學習，爸爸媽媽們把握當下，擁有健康就在現在！

Dear SDCA parents,

We are at the new 2016 and it would be a great time to start it right! Healthy body should be a part of it. The 9 weeks of

***yoga** can bring you closer to your goal of being healthy! Why not engage the whole family in doing something nice?*

*Kids in Chinese school and you in **yoga** class right here at SDCA!*

9 Sundays ♥ 2/7/16 thru 5/15/16 ♥

Yoga Therapy 療癒瑜珈 2:00 – 2:50pm

Yoga Fitness 活力瑜珈 3:00 – 3:50pm

Classroom: US201

歡迎參加**免費體驗**一節課 One **FREE** class per person is offered on 2/7/16

~Minimum 4 people to start the class~

Yoga Therapy 療癒瑜珈

This class is to target primary muscles and connective tissue surrounding the hips, hamstrings and the back. With an emphasis in breathing technique, it releases tension, prevents injury and promotes active recovery. It develops body awareness by increasing flexibility, bringing alignment and joint mobility to your aching body. And don't worry about if you don't exercise at all because it will be soothing and slow. 強化全身的氣血循環，循序漸進地讓身體覺醒，達到身心靈的真正平衡。適合有身體疼痛和沒有運動習慣的家長。

Family Yoga

親子瑜珈 Designed for Pre-K students & parents: **TBD**

This class is to develop body awareness, improves posture and facilitates detoxification with incorporation of breathing technique. It benefits the whole body to build up strength, flexibility and balance. This is a class for you if you look for a workout to sweat, build your strength and endurance, and calms your mind at the same time. 連貫的動態體姿並結合強而有力的呼吸法，鍛鍊身心與呼吸。對鍛鍊心肺功能、體力與耐力及有助益，讓身段更輕盈、強健、調和、靈活柔軟。適合所有運動習慣的一般人。

Yoga Fitness 活力瑜珈



\$6 PER CLASS *All proceeds go to SDCA*

or **\$40 prepayment for 9-week classes**

Yoga Instructor: Celine Chen 王意筑

Completed her 200-hour yoga certification in 2012. She discovered yoga during a stressful time and was so fortunate to find relief in yoga both in mind and body. Now feeling peaceful and joyful everyday with yoga, she hopes to share the magic of yoga with you.



♥Contact: celinew2012@gmail.com if you are interested♥