

新年新希望！

親愛的中華學苑家長們，
為期十二週的課程，將於1/21號開始，替自己的健康打氣，
希望大家踴躍報名！

12 weeks of spring yoga session is going to start on 1/21/08.
Be healthier and be energized during this new year!!! Hard to
believe to cost almost nothing to do yoga for 12 weeks!!!
Don't miss this!

Yoga Fitness 活力瑜珈

Time: Sunday 1:45-2:45pm

Place: MS112

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。連貫的動態體姿並結合強而有力的呼吸法，鍛練身心與呼吸。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。



十二週課程預繳\$50(統一價格，不論堂數)

\$50 for 12 weeks (fixed rate)

10人成行即開班

10 signups to start the session

Contact: celinew2012@gmail.com

if you are interested.