

29 NOV 2024 to 20 DEC 2024

MONDAY, TUESDAY, THURSDAY & FRIDAY

6.00PM – 7.30PM

15 HOURS

(1.5 HOURS X 10 LESSONS)

VENUE

**2nd Floor, SA Block,
TAR UMT East Campus
SA203**

**(for 29 NOV, 9 DEC, 10 DEC, 12 DEC, 16 DEC, 17 DEC
& 20 DEC 24)**

SA204

(for 2 DEC, 3 DEC & 6 DEC 24)

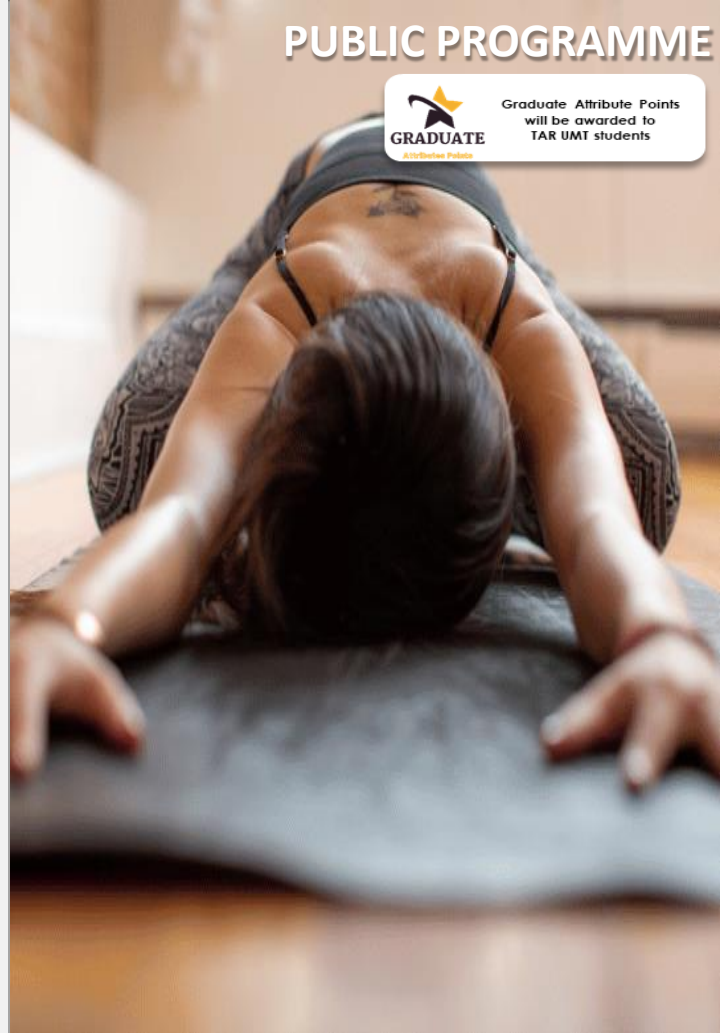
FEES (8% SST)

RM212.50

(TAR UMT STAFF, STUDENTS, ALUMNI)

RM250

(PUBLIC)



Summary

Yoga has evolved to be one of the popular workouts where the physical postures of yoga are used to alleviate health problems, reduce stress and make the spine supple in contemporary times.

Yoga is also used as a complete exercise programme and physical therapy routine.

This course is designed for participants to experience yoga using simple methods.

Through consistence practice, participants will gain the benefits of physical and mental health.

Do not miss out the opportunity to join this healthy activity with our experienced Yoga guru!

YOGA for Health

Instructor: Ms Kee Boi Jing

Ms Kee Boi Jing is a certified yoga instructor with 10 years of experience in teaching yoga and one of the founders of "h0Me Yoga".

Ms Kee has years of experience in conducting yoga workshops, such as prenatal and postnatal yoga workshops, organizing yoga retreats locally and overseas (Thailand).

She is also actively involved in yoga detox camp.

