

瑜珈班 Yoga Class

日期：每星期五

時間：9:30am-10:30am

地點：加拿大社區情緒健康協會

費用：每節課\$15

報名及查詢：604-273-1791/778-682-5399

瑜珈，是東方最古老養生健身術之一，是一種里外兼修的有氧運動，讓五臟六腑得到調理，祛除疾病...在瑜珈的呼吸與靈性的音樂里得到祥和與寧靜...讓你我變得更美麗動人。



Date: Every Friday

Time: 9:30am- 10:30am

Place: 5726 Minoru Blvd, Richmond, BC

Fee: \$15 per lesson

Enquiry & Registration: 604-273-1791/
778-682-5399

Yoga is one of the oldest forms of Eastern exercises. It is a cardiovascular exercise that benefits the body both externally and internally and is known for its healing properties. Come join us to enjoy the calm music and ambient atmosphere in a relaxing yoga session!

Community Mental Wellness Association of Canada
加拿大社區情緒健康協會

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