

Aqua Yoga Workshop

水中瑜珈工作坊



Date: 16th September, 2017 (Saturday)

日期: 2017 年 9 月 16 日 (星期六)

Time: 3:00 – 4:00 p.m.

時間: 下午 3 時至 4 時正

Age: 16 years old or above

年齡: 16 歲或以上

Fees: Members \$130 Guests \$160

費用: 會員\$130 賓客\$160

Venue: 9/F Indoor Pool

場地: 9 樓室內泳池

*Advanced booking is required

*敬請預約

* Enrolment deadline: 9th September, 2017

*截止報名日期: 2017 年 9 月 9 日

* Maximum: 8 persons

*最多人數: 8 位

* Participants will be confirmed via telephone on
10th September, 2017

*參加者於 9 月 10 日將收到本會電話以確實報名

By performing Aqua Yoga can reduce the chance of getting injuries, as well as soothe muscle fatigue and relieve mental stress. Yoga is an aerobic exercise designed to improve body balance, spinal health and relieve muscle tension.

水中瑜珈是帶氧運動，透過在水中進行瑜珈動作，加強身體的柔軟度及減低身體關節受損的機會，更可舒緩肌肉疲勞，減低精神壓力，有助改進平衡力及強化脊椎健康。