

# Flex special event

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## Your Dream Come True - Massage Therapy 24/7 with Yamuna Zake



Direct from New York,  
Yamuna Zake will teach  
you to “work on yourself”  
and become your own best  
therapist anytime, anywhere.  
Forever. With just a ball.

For the first time, Yamuna visits Hong Kong to share  
this powerful tool, for just three days, 13-15 November 2014.  
Learn Yamuna® Body Rolling, in which the ball becomes the  
hands of the therapist and the person’s weight creates the traction,  
movement and release on the ball. This very powerful self-fixing and  
maintaining tool can be done by anyone, regardless of age or  
physical limitations.

Shops 308- 310, One Island South 2 Heung Yip Road Wong Chuk Hang T 2813-2212 F 2813-2281 E info@flexhk.com  
3/F Man Cheung Building, 13- 15 Wyndham Street, Central T 2813-2399 F 2812-6708 E central@flexhk.com

[www.flexhk.com](http://www.flexhk.com) | intelligent movement |



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## Yamuna® Body Rolling | HK\$800\*

▼ Central

Thursday 13 November | 2pm- 4pm

▼ Island South

Saturday 15 November | 1pm- 3pm



## Save Your Hips with YBR | HK\$600\*

▼ Central

Thursday 13 November | 4:30pm- 6pm



## Save your Back and Shoulders | HK\$1000\*

▼ Island South

Friday 14 November | 11:30am- 2pm



## Yamuna Foot Fitness | HK\$600\*

▼ Island South

Saturday 15 November | 3:30pm- 5pm

## BENEFITS

- Improved posture
- Increased flexibility
- Increased range of motion
- Improved alignment in all parts of the body
- Increased muscle tone
- Increased organ function

\* Yamuna balls available for purchase prior to workshops.  
Ball prices range from \$200- \$300. Spaces very limited. Bookings essential.

Limited Spaces  
Pre-register  
To Avoid  
Disappointment

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