

Flex welcomes Yamuna Zake

Internationally renowned Yamuna Zake from New York will teach her signature Yamuna® Body Rolling technique.

Benefits:

- *Improved posture and alignment*
- *Improved range of motion and muscle tone*
- *Restore flexibility and balance to your body*



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

Flex Special Event



Yamuna® Body Rolling - HK\$880

- ▼ Wednesday 21 October | 12pm- 2pm
- ▼ Wednesday 21 October | 3pm- 5pm
- ▼ Saturday 24 October | 1pm- 3pm



Save Your Hips with YBR - HK\$660

- ▼ Thursday 22 October | 3pm- 4:30pm



Save your Face - HK\$660*

- ▼ Thursday 22 October | 6pm- 7:30pm



Save your Back & Shoulders - HK\$1100

- ▼ Friday 23 October | 11:30am- 2pm



Yamuna Yoga - HK\$660

- ▼ Friday 23 October | 2:30pm- 4pm



Yamuna Foot Fitness - HK\$660*

- ▼ Saturday 24 October | 3:30pm- 5pm

Limited places available.

Pre-register to avoid disappointment.

* Purchase of kit required for this workshop

▼ One Island South ▼ Central

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