

YIN YOGA FLOW

to Rebalance the Body



BOOK ANY 2
WORKSHOPS FOR
10% DISCOUNT

Treat your body to a little TLC in this unique workshop. Learn everyday tools to re-balance the daily stresses placed on the body.

Slow down, and hold poses longer for a deeper stretch, to release fascial tissue. Poses taught can be practiced at home.

Suitable for all levels. Book now at info@flexhk.com

BY HÉLOISE CHONG

ISLAND SOUTH THURS 6 OCT 2-3.30PM