



# Introduction to Yoga

## A Beginners Workshop by Yvonne Ow

Think Yoga is only for the flexible? Too young, too old to do Yoga? Want to learn how Yoga can help with better posture? Come join our four part workshop where we will explore yoga postures that will build both flexibility and strength, and bring us concentration and relaxation.

### **15/10: Week 1 - Standing Poses.**

Learn Standing Poses that will activate your legs and provide a firm foundation for daily movements

### **22/10: Week 2 - What is Core?**

Discover your side, back and deep core muscles with chaturangas, twists and leg lift variations

### **29/10: Week 3 - Back Care**

Backbends strengthen our backs, help us with better posture and opens our hearts and minds!

## 5/11: Week 4 - Release and Restore

Fold into forward bends and supported postures to restore and relax quieting the mind and body.

Date: 15th, 22nd, 29th Oct and 5 Nov 2019 (Tuesdays)

Time: 2:30-4pm

Cost: 1200HKD/4 classes.

Drop-in 300HKD per class.

Registration required, send email to [info@yogamala.com.hk](mailto:info@yogamala.com.hk)

### About Yvonne:

Yvonne is a 500 RYT Teacher that believes that Yoga works for every BODY. She has developed a dedicated practice over the years with more than a decade of experience in yoga. Beyond the physical aspects, she loves how the tradition of yoga also builds strength and flexibility in our minds.

Yvonne first started practicing yoga in 2003 under Gerard Arnaud in Paris, and it quickly became a calming constant against her nomadic lifestyle, an anchor to her diplomatic career with the Singapore Foreign Service that took her across various countries in Europe. She deepened her knowledge and learning of yoga under various renowned international teachers, though she firmly believes it is through her regular and daily teachers' dedication and nurturing that her practice blossomed.

Moving to Hong Kong in 2010, and again in 2017, she cultivated a consistent Mysore practice under the guidance of Yoga Mala's teachers. Yvonne loves the 'meditative movement' of Ashtanga Yoga, and sees Vinyasa Yoga as complimentary in its alignment and sequencing aspects.

She is a 500Hr-RYT Teacher that has trained with David Kim of Yogaworks and also completed the Advanced Teacher Training with Jason Crandell.



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