



## Penang Swimming Club Yoga Group



	Day	Time	Type of yoga	Instructor	Description
1	Mon.	7 – 8.15p.m.	Power Yoga	Leong Mei Yee	A form of hatha yoga with focus on postures and emphasis on strength, flexibility and endurance and smooth flow of postures.
2	Tues	9 -10.15a.m.	Basic yoga	Angeline Teh	Building strength and finding flexibility in between and also awakening the muscles for front and back, upper & lower body. Back bend poses will be introduced. Option will be given for beginners and props such blocks and straps will be used.
3	Tues	7 – 8.30p.m.	Ananda Marga Yoga	Cheah Moey Yin	Traditional yoga with emphasis on stretching, breathing and relaxation. Suitable for beginners. Self massage at the end of class.
4	Wed.	7 – 8.25p.m.	Basic yoga	Chuah Sze Ming	A very effective class to understand & explore your own limits by utilizing practicable poses, accompanied by clear step by step instructions & guidance. Class is carefully structured to start off in yoga & constantly bring improvement to balance and flexibility.
5	Thurs	9 -10.30a.m.	Integral yoga	Sio Lye Im	Simple Tai Ji incorporated in Hatha Yoga flow – increase knowledge in yoga, Kriya yoga – breathing & cleansing techniques. Designed to improve flexibility, strength, balance, breathing & awareness. Suitable

					for all levels. .
6	Fri	7 -8.15p.m.	Yin Yoga	Anna Yeoh	Yin Yoga is a quiet practice emphasizes on holding longer time in each pose while encouraging the entire body to be relax.
7	Sat.	3 - 4.15p.m.	Power hatha yoga	Sam Cheng	Focus on postures and emphasizes on strength, flexibility and endurance (use dumb bells and resistance/stretch bands)
8	Sun	10-11.15a.m	Yoga pilate	Sabrina Chew	Yoga pilate to tone arms, legs and build-up core strength, floor exercises concentrating on deep stretching and twisting, exercise to relax the spine (helps to release back pain). Yoga flow in various yoga poses.

The Penang Swimming Club offers the most affordable yoga facilities and greater choices in terms of instructors and styles. A monthly subscription of RM20 +6% entitles its members both female and male to an unlimited access to all the daily classes held at B 1 Room . In addition to yoga classes the Yoga Group also organised yoga workshops, health talks and cooking demos.

Mental Benefits

Yoga relaxes the body and the mind. Even in the midst of stressful environment, Yoga helps control breathing and clears the mind of cluttered thoughts, leaving only deep physical and mental refreshment. Yoga poses (Asanas) are designed to rejuvenate the brain, spine, glands and internal organs. They work by increasing the blood and prana (breath) supply to these areas and by stimulating them with a gentle squeezing action.

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***I would like to enroll for the Yoga Class with effect from .....***

***Name:..... Club No:..... H/P.....***

..... ***Dated:.. .....***