

Mindful Yoga in Summer

Connect with Your Body & Mind

Enhance Your Mental & Physical Strength

“Beginners are welcome”

22, 29 June & 6, 13 July 2022 (Wed)

2:00-3:00pm

2/F Dance Room of SMC (TBC)

Cantonese supplemented
with English terminology

Registration: <https://bit.ly/3MzmsvQ>

