



# LIFE MANAGEMENT YOGA CENTRE

八步瑜伽坊

*non-profit classical yoga school*

The courses are affiliated to

**THE YOGA INSTITUTE - India (est.1918)**

*Celebrating 10yrs*  
**FREE TRIAL**

**十周年  
免費試堂**

Enrol at **[www.yoga.org.hk](http://www.yoga.org.hk)**

雙語星期二、五 Tues and Fri ★ *Bilingual*



★ *Safe*

★ *Easy*

★ *Scientific*

★ *Basic*

★ *Advanced*

★ *Seniors*

★ *Kids*

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