



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 11yrs
FREE TRIAL

Please bring your own mat

**十一周年
免費試堂**

Enrol at **www.yoga.org.hk**

雙語星期二、五 Tues and Fri



★ *Safe*

★ *Easy*

★ *Scientific*

★ *Bilingual*

★ *Basic*

★ *Advanced*

★ *Seniors*

★ *Kids*

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