



Integral Yoga at IMI

Instructor: Monica Proctor

A combination of flow and hold poses with energizing breathing and deep relaxation techniques, to enhance balance, focus, strength and flexibility. Feel more freedom in your body as you ease into forward, backbends, twists, inversions and balance poses. Personalized attention, focusing on energy flow, technique and alignment in tranquil studio setting.

This is a multi-level class - All experience levels welcome.

Date: Every Tuesday, beginning 19 November, 2013

Time: 8:00 am - 9:00 am

Venue: Integrated Medicine Institute,
17/F Kailey Tower, 16 Stanley Street,
Central, Hong Kong

Cost: 4 classes package (19, 26 Nov, 3, 10 Dec)
\$1,000 HKD

8 classes package \$1,800 HKD
per person per class

Or you can try out a class at \$250 HKD

To secure your place a minimum of 24 hours advance payment is required.
To register please call 2523 7121 or email events@imi.com.hk



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IMI

Integrated Medicine Institute