



## **Adjustment Workshop With Cheuk Na 16 March & 30 March 2010**

Adjustment base on the principles of Ashtanga Yoga, its theories and concepts, Cheuk Na will explore with students...

-Hands on and introduction to observing, diagnosing and adjusting students

-Breathing and flow are vital keys to “correct” alignment.

-Adjusting primary series

Workshop open to all level of students and teachers.

Space limited to 10 students

Cost: \$300 per class, 2 class \$600

Time: 1000-1230

We only accept cash or cheque (payable to Yoga Mala Limited)

Email us to register at [info@yogamala.com.hk](mailto:info@yogamala.com.hk)

**Address: 3/F Century Court, 239 Jaffe Road, Wan Chai, HK**  
**Tel. 21160894** **www.yogamala.com.hk**