



# 7 CHAKRAM

The Art of Living RIGHT with the Power of Knowing

## Yoga for Beginners

Yoga helps you to connect with your body, clear your mind and focus your attention inward.

Learn basic postures that are performed slowly and gently.

Hatha yoga is an ideal practice for almost everyone, no matter what physical shape they're in.

Hatha yoga is outstanding for releasing physical tension, especially in the head, neck, shoulders and lower back.

Look forward for an excellent grooming, mind freeing session and dissolve yourself into Mother Nature through Hatha Yoga.

Classes also include simple pranayama breathing techniques.

Come and join us to start your healthy living today.

"Love yourself to know how to love others"



### Weekly Classes

#### Saturdays:

10.00am - 11.30am

Fees: RM70/month for 4 classes per month.

Register early to avoid disappointments.

#### For further details contact:

### 7Chakram Centre

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