

## WORKSHOP DETAILS

DATE: 25<sup>TH</sup> FEBRUARY 2012 – 26<sup>TH</sup> FEBRUARY 2012

\* FOR ENQUIRIES, PLEASE CONTACT US AT 6501 9380 OR

EMAIL US: [info@allaboutyoga.com.sg](mailto:info@allaboutyoga.com.sg)



# ANTI-AGING WORKSHOP 2012

## OBJECTIVES OF ANTI-AGING WORKSHOP

- \* Aging is not just about the physical changes in our body
- \* Discover ways to build physical, mental and emotional youthfulness
- \* Develop youthful attitude towards life to build inner de-stress and anti-aging mechanisms
- \* Build new lifestyle to make Anti-Aging a way of life

## SESSION 1: PHYSICAL ASPECTS OF YOUTHFULNESS

DATE & TIME: 25<sup>TH</sup> FEBRUARY 2012 (10.00AM – 1.00PM)



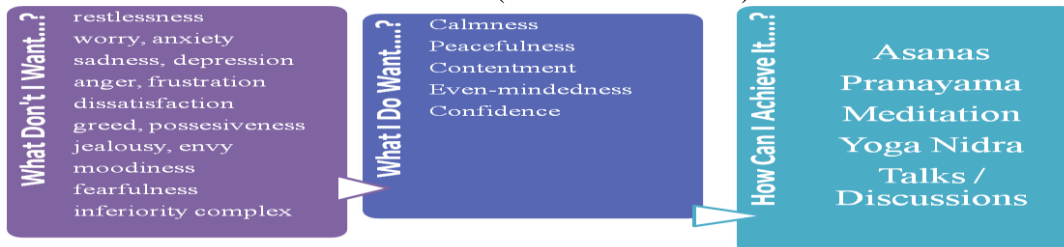
## SESSION 2: MENTAL ASPECTS OF YOUTHFULNESS

DATE & TIME: 25<sup>TH</sup> FEBRUARY 2012 (2.00PM – 5.00PM)



## SESSION 3: EMOTIONAL ASPECTS OF YOUTHFULNESS

DATE & TIME: 26<sup>TH</sup> FEBRUARY 2012 (10.00AM – 1.00PM)



## SESSION 4: CLEANSING TECHNIQUES FOR MAINTAINING YOUTHFULNESS

DATE & TIME: 26<sup>TH</sup> FEBRUARY 2012 (2.00PM – 5.00PM)

- \* **Jala Neti (Nasal Cleaning)**
- \* **Kunjal Kriya (Stomach Wash)**
- \* **Kapalabathi (Skull Shinning)**
- \* **Healthy Diet Recipes**

### WORKSHOP FEES

**PER SESSION: \$85 NETT**

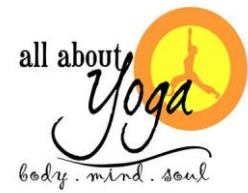
**ENTIRE WORKSHOP (4 SESSIONS): \$300**

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