



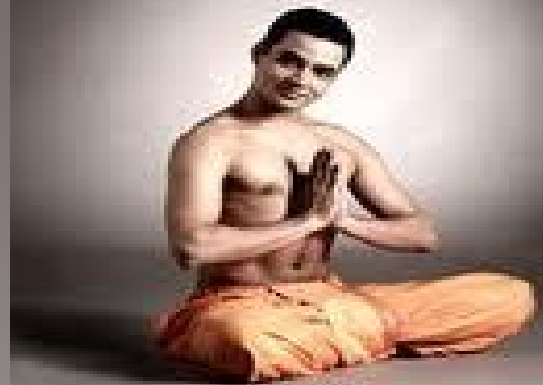
**SIA GROUP
SPORTS CLUB**

Date -Commencing Tuesday , 3rd January
Time- 6:30pm to 7:30pm
Venue- Multipurpose Rm 3
Fee-S\$100 Members / S\$120/- Non members
(not inclusive of GST)
Closing Date -28 December 2011

For enquires, please call
Ernest Tan
Social and Sports Executive
@6214 8171 or email
ernest_tan@siasportsclub.sg
Details also available at the Club Reception and
Club Website



TATVA YOGA



A unique and scientifically proven sequential series of Hatha yoga postures that is the amalgamation of the various forms of yoga that Master Dev has been teaching for more than 2 decades. This class is dynamic and will focus on movements, synchronized with the breath (Prana), and the opening and enhancing of the lung capacity. The yoga postures improve blood circulation in every organ, all the joints & muscles. This class is a meditation in motion to release stress, improve flexibility, strength and stamina. This is an excellent workout which is especially beneficial to the endocrine system, xerosis (dry skin) and helps slow down the aging process!